



Salsa Onion Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream sour
- 2 teaspoons hot sauce
- 0.5 cup salsa

Equipment

- bowl

Directions

- Combine all ingredients in a bowl; chill, if desired.
- Serve with your favorite chips or vegetable dippers.

Nutrition Facts

PROTEIN 5.37% **FAT 82.24%** **CARBS 12.39%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.9539130174595%

Nutrients (% of daily need)

Calories: 93.67kcal (4.68%), Fat: 8.83g (13.58%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.75g (1%), Sugar: 2.05g (2.28%), Cholesterol: 26.76mg (8.92%), Sodium: 120.49mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 346.28IU (6.93%), Calcium: 49.52mg (4.95%), Vitamin B2: 0.08mg (4.77%), Phosphorus: 38.72mg (3.87%), Potassium: 91.39mg (2.61%), Selenium: 1.8µg (2.56%), Vitamin E: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.18mg (1.8%), Magnesium: 6.53mg (1.63%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 1.25mg (1.52%), Vitamin K: 1.25µg (1.19%), Zinc: 0.18mg (1.18%)