



## Salsafied" Sour Cream Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

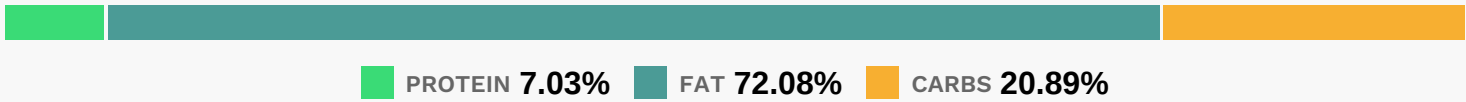
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup salsa
- ☐ 0.3 cup cup heavy whipping cream sour

## Equipment

## Directions

Stir together all ingredients. Cover and chill until ready to serve.

# Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.3895651957263%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 68.27kcal (3.41%), Fat: 5.75g (8.85%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.23g (2.48%), Cholesterol: 16.96mg (5.65%), Sodium: 223.04mg (9.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin A: 354.96IU (7.1%), Calcium: 42.93mg (4.29%), Potassium: 129.77mg (3.71%), Vitamin B2: 0.06mg (3.57%), Vitamin B6: 0.07mg (3.57%), Vitamin E: 0.53mg (3.52%), Phosphorus: 34.84mg (3.48%), Manganese: 0.06mg (2.87%), Iron: 0.49mg (2.73%), Fiber: 0.64g (2.57%), Magnesium: 9.63mg (2.41%), Vitamin K: 2.44µg (2.33%), Vitamin B3: 0.42mg (2.08%), Selenium: 1.38µg (1.98%), Vitamin B5: 0.16mg (1.63%), Copper: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.36%), Zinc: 0.18mg (1.23%), Vitamin C: 0.97mg (1.17%), Vitamin B12: 0.06µg (1.01%)