



Simple Garlic Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounces cream cheese softened
- 3 cloves garlic pressed
- 1 pinch ground pepper black to taste
- 0.5 cup mayonnaise
- 1 cup milk to taste
- 1 cup cup heavy whipping cream sour

Equipment

- bowl

hand mixer

Directions

Beat cream cheese, milk, sour cream, mayonnaise, garlic, and ground black pepper together in a bowl with an electric mixer.

Nutrition Facts

PROTEIN 5.45% **FAT 87.65%** **CARBS 6.9%**

Properties

Glycemic Index:17.7, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:3.9530434414097%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.93kcal (11.85%), Fat: 23.38g (35.97%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.1g (3.44%), Cholesterol: 49.83mg (16.61%), Sodium: 176.69mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 19.3µg (18.38%), Vitamin A: 570.97IU (11.42%), Calcium: 83.31mg (8.33%), Vitamin B2: 0.14mg (8.27%), Phosphorus: 76.2mg (7.62%), Selenium: 4.14µg (5.91%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.26µg (4.26%), Vitamin B5: 0.35mg (3.55%), Potassium: 108.75mg (3.11%), Vitamin B6: 0.05mg (2.61%), Zinc: 0.34mg (2.3%), Magnesium: 8.13mg (2.03%), Vitamin D: 0.29µg (1.94%), Vitamin B1: 0.03mg (1.85%), Manganese: 0.02mg (1.19%), Folate: 4.52µg (1.13%)