



## Sour Cream, Cucumber and Dill Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cucumber dry grated peeled
- 1 cup optional: dill fresh chopped
- 0.3 cup juice of lemon to taste
- 1 teaspoon salt to taste
- 16 ounce cream sour

### Equipment

- bowl

# Directions

Mix the sour cream, cucumber, and dill together in a bowl until thoroughly blended. Stir in the lemon juice and salt. Adjust seasonings to taste. Cover and refrigerate 1 to 2 hours.

# Nutrition Facts



**PROTEIN 5.86%**   **FAT 80.15%**   **CARBS 13.99%**

# Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:2.7513043439907%

# Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

# Nutrients (% of daily need)

Calories: 80.65kcal (4.03%), Fat: 7.43g (11.43%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.76g (1.96%), Cholesterol: 22.3mg (7.43%), Sodium: 208.45mg (9.06%), Alcohol: 0g (100%), Protein: 1.22g (2.45%), Vitamin A: 556.08IU (11.12%), Vitamin C: 6.44mg (7.8%), Calcium: 50.25mg (5.02%), Vitamin B2: 0.08mg (4.83%), Phosphorus: 36.97mg (3.7%), Manganese: 0.07mg (3.65%), Potassium: 115.43mg (3.3%), Folate: 12.66µg (3.16%), Magnesium: 9.24mg (2.31%), Vitamin K: 2.37µg (2.25%), Vitamin B5: 0.21mg (2.09%), Selenium: 1.43µg (2.04%), Iron: 0.35mg (1.92%), Vitamin B6: 0.04mg (1.89%), Copper: 0.03mg (1.56%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.08µg (1.32%), Vitamin B1: 0.02mg (1.25%), Fiber: 0.27g (1.09%), Vitamin E: 0.16mg (1.06%)