



Southwestern Dip

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup chili powder
- 0.3 cup chives dried
- 0.3 cup onion dried minced
- 0.5 cup parsley flakes dried
- 0.3 cup ground cumin
- 1 cup mayonnaise
- 2 teaspoons salt
- 1 cup cup heavy whipping cream sour

- 3 tablespoons southwestern dip mix
- 3 tablespoons southwestern dip mix




Equipment

- bowl

Directions

- In a medium bowl, combine parsley, onion, chili powder, chives, cumin, and salt. Package in decorative jar or cellophane bag.
- In a medium bowl, combine dip mix, sour cream, and mayonnaise; stir until smooth. Refrigerate at least 2 hours for flavors to blend.
- Serve with chips or fresh vegetables.

Nutrition Facts

 **PROTEIN 5.1%**  **FAT 79.97%**  **CARBS 14.93%**

Properties

Glycemic Index:6.88, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:17.291739090629%

Flavonoids

Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg

Nutrients (% of daily need)

Calories: 315.87kcal (15.79%), Fat: 29.68g (45.65%), Saturated Fat: 6.56g (41%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 7.59g (2.76%), Sugar: 3g (3.34%), Cholesterol: 28.72mg (9.57%), Sodium: 949.79mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin K: 78.22µg (74.5%), Vitamin A: 3313.07IU (66.26%), Iron: 7.1mg (39.42%), Vitamin E: 5.18mg (34.52%), Manganese: 0.61mg (30.38%), Fiber: 4.86g (19.46%), Calcium: 157.62mg (15.76%), Vitamin B6: 0.31mg (15.3%), Magnesium: 53.95mg (13.49%), Potassium: 448.81mg (12.82%), Vitamin B2: 0.21mg (12.44%), Phosphorus: 108.6mg (10.86%), Copper: 0.2mg (9.81%), Vitamin B3: 1.69mg (8.47%), Zinc: 1.05mg (7.01%), Vitamin C: 5.26mg (6.38%), Selenium: 4.45µg (6.36%), Vitamin B1: 0.1mg (6.35%), Folate: 13.42µg (3.35%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.09µg (1.57%)