



Summer Fresh Tomato Basil Dip

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese fat-free softened
- 0.3 cup flat-leaf parsley fresh italian minced
- 2 cups basil leaves fresh minced
- 2 cloves garlic minced
- 5 servings ground pepper black to taste
- 0.5 lemon zest juiced
- 1 teaspoon onion salt
- 8 ounce cup heavy whipping cream fat-free sour

- 2 tablespoons tomato paste
- 2 tomatoes seeded chopped
- 1 teaspoon sugar white
- 1 teaspoon worcestershire sauce

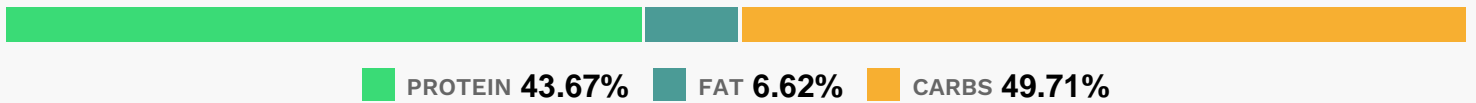
Equipment

- mixing bowl
- hand mixer

Directions

- Combine, cream cheese, sour cream, basil, Italian parsley, tomatoes, garlic, lemon zest, lemon juice, tomato paste, onion salt, Worcestershire sauce, sugar, and pepper in a large mixing bowl. Beat with an electric mixer on High until whipped, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:63.42, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:17.034782285276%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 152.54kcal (7.63%), Fat: 1.13g (1.75%), Saturated Fat: 0.62g (3.84%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.96g (6.53%), Sugar: 8.23g (9.15%), Cholesterol: 14.97mg (4.99%), Sodium: 1236.85mg (53.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.69%), Vitamin K: 94.03µg (89.56%), Phosphorus: 544.57mg (54.46%), Calcium: 408.48mg (40.85%), Vitamin A: 1432.21IU (28.64%), Vitamin B2: 0.34mg (20.09%), Vitamin C: 15.16mg (18.38%), Vitamin B12: 1µg (16.63%), Potassium: 553.96mg (15.83%), Folate: 56.2µg (14.05%), Zinc: 1.84mg (12.28%), Manganese: 0.24mg (11.99%), Selenium: 7.41µg (10.59%), Magnesium: 40.97mg (10.24%), Vitamin B5: 0.86mg (8.57%), Copper: 0.14mg (7.1%), Vitamin B6: 0.14mg (7.07%), Iron: 1.09mg (6.05%), Vitamin B1:

0.09mg (5.74%), Fiber: 1.22g (4.88%), Vitamin E: 0.66mg (4.42%), Vitamin B3: 0.88mg (4.38%)