



Sun-Dried Tomato Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 8 ounces cream cheese room temperature
- ☐ 0.3 cup basil fresh
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup oil-packed sun-dried tomatoes drained chopped
- ☐ 16 servings pepper sauce hot to taste
- ☐ 0.8 teaspoon salt

☐ 0.5 cup cup heavy whipping cream sour

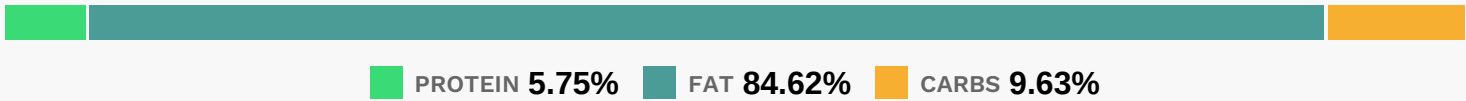
Equipment

☐ food processor

Directions

- ☐ In a food processor, mix the sun-dried tomatoes, cream cheese, sour cream, mayonnaise, garlic, hot pepper sauce, salt, and pepper. Process until well-blended.
- ☐ Add basil, and continue processing until smooth. Chill at least 1 hour in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:1.9839130246445%

Flavonoids

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

Nutrients (% of daily need)

Calories: 92.97kcal (4.65%), Fat: 8.95g (13.76%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.45g (1.61%), Cholesterol: 20.03mg (6.68%), Sodium: 182.55mg (7.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 8.57µg (8.16%), Vitamin A: 272.93IU (5.46%), Vitamin B2: 0.05mg (3.22%), Manganese: 0.06mg (2.86%), Phosphorus: 28.43mg (2.84%), Potassium: 91.37mg (2.61%), Calcium: 25.01mg (2.5%), Selenium: 1.72µg (2.46%), Vitamin E: 0.27mg (1.79%), Copper: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.87mg (1.47%), Vitamin C: 1mg (1.21%), Iron: 0.21mg (1.18%), Vitamin B6: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.01%)