



Sun-Dried Tomato & Garlic Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp pepper black freshly ground
- 8 oz philadelphia cream cheese spread
- 2 Tbsp chives fresh finely chopped
- 1 clove garlic minced
- 0.5 cup miracle whip dressing
- 0.5 cup oil-packed sun-dried tomatoes drained chopped

Equipment

Directions

Mix ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:2.4386956470654%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 82.27kcal (4.11%), Fat: 5.43g (8.36%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.1g (4.56%), Cholesterol: 15.21mg (5.07%), Sodium: 211.7mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Manganese: 0.13mg (6.71%), Vitamin A: 299.56IU (5.99%), Potassium: 200.53mg (5.73%), Copper: 0.08mg (4.13%), Fiber: 0.99g (3.96%), Vitamin K: 3.98µg (3.79%), Calcium: 36.01mg (3.6%), Vitamin C: 2.6mg (3.15%), Iron: 0.55mg (3.05%), Magnesium: 11.34mg (2.83%), Vitamin B3: 0.51mg (2.53%), Phosphorus: 21.34mg (2.13%), Vitamin B1: 0.03mg (2.02%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.17%), Folate: 4.41µg (1.1%)