



Tarragon Vegetable Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup salad dressing
- 0.5 cup cream sour
- 0.3 cup dijon mustard
- 2 teaspoons honey
- 0.5 teaspoon tarragon dried
- 1 Dash salt
- 1 sprig tarragon
- 1 serving savory vegetable fresh assorted

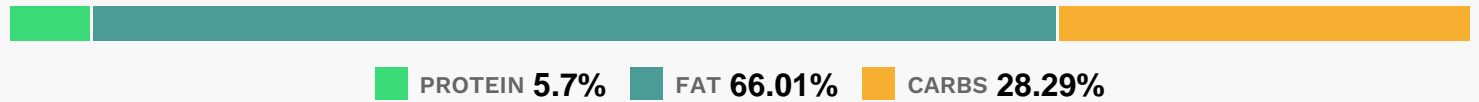
Equipment

bowl

Directions

- In small bowl, mix all ingredients except tarragon sprig and vegetables until well blended.
- Cover and refrigerate 30 minutes.
- Garnish with tarragon sprig.
- Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:2.3052174150944%

Nutrients (% of daily need)

Calories: 65.73kcal (3.29%), Fat: 4.99g (7.68%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.9g (3.22%), Cholesterol: 6.78mg (2.26%), Sodium: 197.11mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 554.99IU (11.1%), Vitamin K: 6.85µg (6.52%), Selenium: 2.84µg (4.05%), Manganese: 0.08mg (3.91%), Fiber: 0.66g (2.63%), Phosphorus: 23.59mg (2.36%), Calcium: 22.84mg (2.28%), Vitamin E: 0.32mg (2.15%), Vitamin B2: 0.04mg (2.1%), Magnesium: 7.98mg (1.99%), Vitamin B1: 0.03mg (1.88%), Iron: 0.33mg (1.82%), Potassium: 62.66mg (1.79%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.28mg (1.55%), Folate: 4.61µg (1.15%), Vitamin B3: 0.2mg (1.02%)