

# Tomato-Basil Dip

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

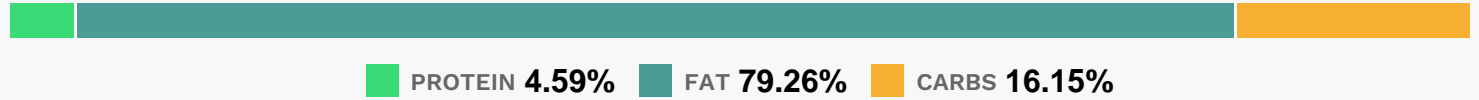
- 0.5 cup basil fresh chopped
- 1 tablespoon lemon rind grated
- 1 cup mayonnaise
- 6 servings vegetables fresh assorted
- 6 servings try build-a-meal
- 0.5 cup cup heavy whipping cream sour
- 1 tablespoon tomato paste

## Equipment

## Directions

- Stir together first 5 ingredients. Cover and chill at least 1 hour or up to 2 days.
- Serve with fresh vegetables.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:13.5286960239%

## Nutrients (% of daily need)

Calories: 356.41kcal (17.82%), Fat: 32.17g (49.5%), Saturated Fat: 6.4g (40%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.25g (1.39%), Cholesterol: 26.99mg (9%), Sodium: 306.99mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin A: 4911.43IU (98.23%), Vitamin K: 69.8µg (66.48%), Fiber: 4.11g (16.45%), Manganese: 0.32mg (16.24%), Vitamin C: 11.87mg (14.39%), Vitamin E: 1.44mg (9.63%), Phosphorus: 85.87mg (8.59%), Vitamin B1: 0.12mg (8.3%), Folate: 31.37µg (7.84%), Potassium: 266.18mg (7.61%), Vitamin B2: 0.13mg (7.41%), Magnesium: 29.16mg (7.29%), Vitamin B3: 1.32mg (6.58%), Iron: 1.17mg (6.51%), Copper: 0.12mg (6.03%), Vitamin B6: 0.11mg (5.64%), Calcium: 51.49mg (5.15%), Zinc: 0.62mg (4.13%), Selenium: 2.6µg (3.71%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.09µg (1.42%)