



Vegetable Dill Dip

 Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon dill dried
- 1 tablespoon parsley dried
- 1 cup mayonnaise
- 1 tablespoon onion minced
- 1 teaspoon penzey's southwest seasoning
- 1 cup cream sour

Equipment

- bowl

Directions

- Stir the sour cream, mayonnaise, dill, onion, parsley, and Beau Monde™ seasoning in a bowl. Cover and refrigerate 8 hours or overnight.

Nutrition Facts

PROTEIN 1.86% **FAT 94.4%** **CARBS 3.74%**

Properties

Glycemic Index:10.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.3930435012216%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 251.14kcal (12.56%), Fat: 26.58g (40.89%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.24g (1.37%), Cholesterol: 28.72mg (9.57%), Sodium: 188.83mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin K: 53.31µg (50.77%), Vitamin E: 1.16mg (7.75%), Calcium: 50.94mg (5.09%), Vitamin A: 234.6IU (4.69%), Manganese: 0.08mg (3.84%), Vitamin B2: 0.06mg (3.78%), Phosphorus: 32.13mg (3.21%), Iron: 0.55mg (3.04%), Selenium: 1.78µg (2.54%), Potassium: 70.24mg (2.01%), Magnesium: 7.63mg (1.91%), Fiber: 0.4g (1.6%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.53%), Folate: 5.27µg (1.32%), Zinc: 0.18mg (1.21%), Vitamin C: 0.87mg (1.05%)