

Vegetable Dip

 Gluten Free

READY IN



245 min.

SERVINGS



12

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

Directions

- Mix together mayonnaise, sour cream, Beau Monde seasoning, dill, parsley, and minced onion. Blend well. Refrigerate for 4 hours before serving.

Nutrition Facts

PROTEIN 2.11% **FAT 92.57%** **CARBS 5.32%**

Properties

Glycemic Index:6.83, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.5330435121837%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 113.55kcal (5.68%), Fat: 11.84g (18.22%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.59g (0.65%), Cholesterol: 12.77mg (4.26%), Sodium: 84.5mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin K: 27.85µg (26.53%), Vitamin E: 0.62mg (4.15%), Manganese: 0.07mg (3.53%), Calcium: 33.57mg (3.36%), Iron: 0.5mg (2.77%), Vitamin A: 119.54IU (2.39%), Vitamin B2: 0.03mg (1.95%), Fiber: 0.44g (1.77%), Phosphorus: 15.87mg (1.59%), Magnesium: 5.5mg (1.37%), Potassium: 42.77mg (1.22%), Selenium: 0.82µg (1.18%), Vitamin B6: 0.02mg (1.08%)