



Yummy Vegetable Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons onion dried minced
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground turmeric
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon sugar white
- ☐ 1 teaspoon vinegar white

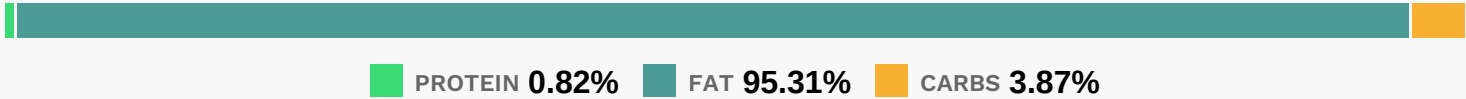
Equipment

☐ bowl

Directions

☐ Stir together mayonnaise, turmeric, garlic salt, sugar, onion, horseradish, and vinegar in a small bowl. Chill 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:2.8626086588787%

Nutrients (% of daily need)

Calories: 197.92kcal (9.9%), Fat: 20.98g (32.28%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.18g (1.31%), Cholesterol: 11.76mg (3.92%), Sodium: 471.48mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Vitamin K: 45.73µg (43.55%), Vitamin E: 0.93mg (6.19%), Manganese: 0.04mg (2.03%), Vitamin C: 1.14mg (1.39%), Vitamin B6: 0.03mg (1.35%), Selenium: 0.74µg (1.06%), Phosphorus: 10.5mg (1.05%), Iron: 0.19mg (1.04%)