



## Zippy Dill Vegetable Dip

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 teaspoons gorgonzola dip (0.7-oz size)
- 8 oz cream sour
- 2 tablespoons chives finely sliced
- 1 tablespoon juice of lemon
- 1 cup baby carrots
- 2 cups broccoli florets
- 1 cup grape tomatoes
- 1 medium cucumber cut into 1/4-inch slices (2 cups)

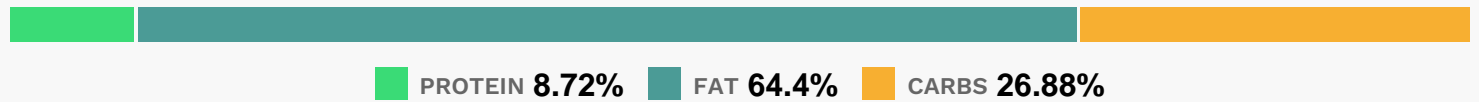
# Equipment

bowl

# Directions

- In medium bowl, mix dip mix (dry), sour cream, chives and lemon juice.
- On serving platter, arrange carrots, broccoli, tomatoes and cucumber slices.
- Serve with dip.

# Nutrition Facts



# Properties

Glycemic Index:16.25, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:8.0900000178296%

# Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

# Nutrients (% of daily need)

Calories: 81.47kcal (4.07%), Fat: 6.11g (9.4%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.18g (3.53%), Cholesterol: 16.73mg (5.58%), Sodium: 44.42mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 2730.75IU (54.61%), Vitamin C: 25.48mg (30.89%), Vitamin K: 30.01µg (28.58%), Folate: 27.83µg (6.96%), Potassium: 227.71mg (6.51%), Fiber: 1.48g (5.92%), Manganese: 0.12mg (5.88%), Calcium: 53.96mg (5.4%), Vitamin B2: 0.09mg (5.35%), Phosphorus: 51.37mg (5.14%), Vitamin B6: 0.1mg (4.89%), Vitamin B5: 0.37mg (3.72%), Magnesium: 14.7mg (3.68%), Copper: 0.06mg (3.13%), Vitamin B1: 0.04mg (2.82%), Vitamin E: 0.4mg (2.65%), Selenium: 1.8µg (2.56%), Iron: 0.45mg (2.49%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.39mg (1.94%)