



Zippy Dill Vegetable Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

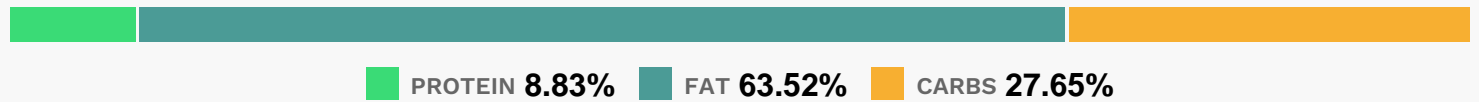
Equipment

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:18.13, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:8.0852173722309%

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: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 76.49kcal (3.82%), Fat: 5.69g (8.76%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.01g (3.35%), Cholesterol: 16.73mg (5.58%), Sodium: 30.28mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin A: 2734.6IU (54.69%), Vitamin C: 25.52mg (30.94%), Vitamin K: 30.01µg (28.58%), Folate: 27.9µg (6.98%), Potassium: 228.08mg (6.52%), Fiber: 1.48g (5.92%), Manganese: 0.12mg (5.91%), Vitamin B2: 0.09mg (5.36%), Phosphorus: 51.4mg (5.14%), Calcium: 50.73mg (5.07%), Vitamin B6: 0.1mg (4.9%), Vitamin B5: 0.37mg (3.72%), Magnesium: 14.73mg (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 (2.5%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.39mg (1.94%)