



Zippy Vegetable Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



2

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup curd cottage cheese reduced-fat
- 8 ounces yogurt plain fat-free sour
- 1.2 ounces caesar dressing
- 1 serving savory vegetable raw for dipping, if desired

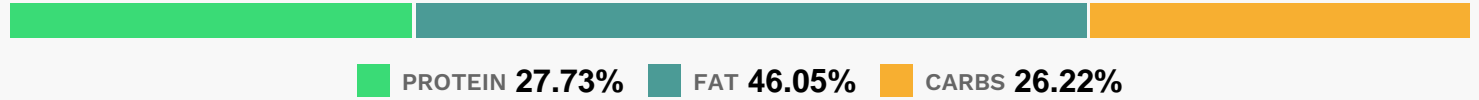
Equipment

- blender

Directions

- Place all ingredients in blender. Cover and blend on medium speed about 30 seconds, stopping blender occasionally to scrape sides, until smooth.
- Cover and refrigerate at least 1 hour to blend flavors.
- Serve dip with vegetables.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:14.07173901278%

Nutrients (% of daily need)

Calories: 287.72kcal (14.39%), Fat: 14.79g (22.75%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.04g (6.2%), Sugar: 11.99g (13.32%), Cholesterol: 26.75mg (8.92%), Sodium: 645.27mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.04g (40.07%), Vitamin A: 2471.21IU (49.42%), Phosphorus: 375.06mg (37.51%), Calcium: 332.35mg (33.24%), Vitamin B2: 0.48mg (28.05%), Selenium: 14.72µg (21.03%), Vitamin B12: 1.15µg (19.14%), Vitamin K: 18.09µg (17.23%), Potassium: 499.76mg (14.28%), Vitamin B5: 1.4mg (14%), Zinc: 1.74mg (11.62%), Magnesium: 41.21mg (10.3%), Folate: 39.74µg (9.94%), Vitamin B1: 0.14mg (9.33%), Vitamin B6: 0.16mg (7.82%), Fiber: 1.9g (7.62%), Vitamin C: 5.8mg (7.03%), Manganese: 0.13mg (6.26%), Vitamin E: 0.89mg (5.94%), Copper: 0.09mg (4.57%), Iron: 0.79mg (4.4%), Vitamin B3: 0.82mg (4.11%)