



## Zippy Vegetable Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



2

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

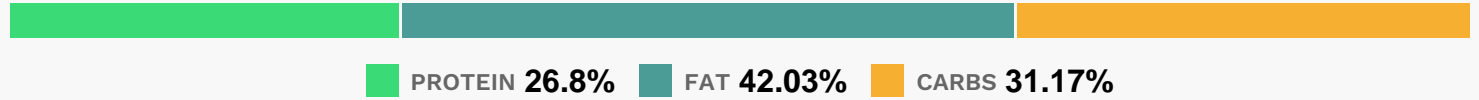
### Equipment

- 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:4.83, Inflammation Score:-10, Nutrition Score:18.213043236214%

## Nutrients (% of daily need)

Calories: 316.84kcal (15.84%), Fat: 15.02g (23.11%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 21.34g (7.76%), Sugar: 11.99g (13.32%), Cholesterol: 26.75mg (8.92%), Sodium: 666.65mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.1%), Vitamin A: 4781.7IU (95.63%), Phosphorus: 401.91mg (40.19%), Calcium: 343.73mg (34.37%), Vitamin B2: 0.52mg (30.33%), Selenium: 14.9µg (21.29%), Vitamin B12: 1.15µg (19.14%), Vitamin K: 18.09µg (17.23%), Potassium: 596.22mg (17.03%), Fiber: 3.72g (14.9%), Vitamin B5: 1.47mg (14.74%), Folate: 52.94µg (13.23%), Magnesium: 52.13mg (13.03%), Vitamin B1: 0.2mg (13.03%), Zinc: 1.95mg (12.99%), Vitamin C: 10.54mg (12.77%), Manganese: 0.24mg (11.81%), Vitamin B6: 0.2mg (10%), Vitamin B3: 1.39mg (6.95%), Iron: 1.22mg (6.8%), Copper: 0.13mg (6.69%), Vitamin E: 0.89mg (5.94%)