



Healthdor

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Garlic Dip Cup ♦

A creamy and flavorful garlic dip that is perfect for dipping chips, veggies, or breadsticks. This dip is made with fresh garlic, cream cheese, sour cream, and a blend of herbs and spices. It is a crowd-pleasing appetizer that is easy to make and always a hit at parties.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

4 cloves	garlic
8 oz	cream cheese
1 c	sour cream
1 tsp	Dried Dill
1 tsp	Dried Parsley

1 tsp	Salt
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1 tsp	Black pepper
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Directions

Step 1

Cut

Mince the garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the minced garlic, cream cheese, sour cream, dried dill, dried parsley, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Mix well until all the ingredients are fully combined and smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Transfer the garlic dip to a serving cup or bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve with chips, veggies, or breadsticks.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 15 g

Protein: 3 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	0 g	0%	0%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Easter

Barbecue

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

Demographics

Kids Friendly

Lactation Friendly

Diabetic Friendly

Diet

Flexitarian Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Kitchen Tools

Slow Cooker

Difficulty Level

Easy

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