



Delicious!

PREPARATION: 10 MINUTES
REFRIGERATE: 30 MINUTES | SERVINGS: 8

GARDEN HERB DIP

INGREDIENTS

1 cup whipped
cream cheese

1 clove garlic, minced

1 tablespoon olive oil

1 tablespoon fresh chives,
chopped

1 tablespoon fresh basil,
chopped

1 tablespoon flat leaf
parsley, chopped

6 drops Tabasco®

PREPARATION

- 1** In a bowl, combine cream cheese, garlic and oil and mix with electric mixer until creamy.
- 2** With a spatula, fold the remaining ingredients into the mix.
- 3** Transfer to serving bowl, cover with plastic wrap and chill in the fridge for about 30 minutes.
- 4** Serve with cut vegetables or low-sodium crackers.



GARDEN HERB DIP



Nutrient Analysis

PER SERVING	
% of recipe	
Renal/Diabetic Exchanges:	
2 Fat	
Calories	100
Protein	2g
Total Carbohydrate	2g
Fiber	0g
Sugars	1g
Fat	10g
Saturated	5g
Cholesterol	24mg
Sodium	77mg
Potassium	38mg
Phosphorus	27mg
Calcium	26mg
Iron	0mg
Magnesium	3mg
Vitamin C	1mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Kidney-friendly vegetable dip

Vegetables are an important part of a healthy diet. Eating raw vegetables with a sandwich or as a snack can be an easy way to add them to your meal plan. It can be fun and tasty to dress up your raw vegetables with a dip. Lower-potassium vegetables commonly eaten raw include asparagus, broccoli, carrots, cauliflower, celery, cucumber, snap peas, peppers and radishes.

Dips purchased at the grocery store may contain high amounts of sodium as well as phosphate additives. To avoid these it is best to prepare a dip at home. Experiment with a variety of ingredients to create your favorite dip. Start with a base such as sour cream or whipped cream cheese and add a variety of herbs and spices for flavor. Finely chopped fresh onion or garlic can add lots of flavor, too. If desired, add a little heat with a hint of hot pepper sauce. Mix and match flavors to find the ones that you like best.

Plain yogurt can be a lower-calorie option for the base of the dip, but it contains more potassium. A lower-fat sour cream or cream cheese can lower the calorie content of the dip as well, but take care when buying these as they commonly contain phosphate additives. Ask your registered dietitian which dip ingredients are right for you.

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