



## Bacon-Ranch Dip

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

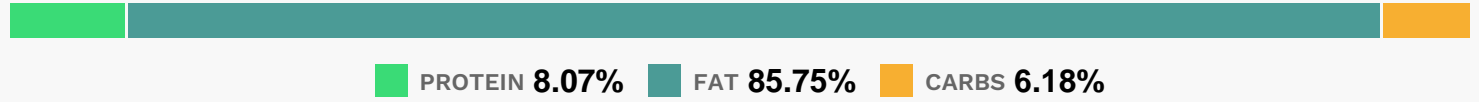
- 1 cup knudsen cream sour
- 2 green onions sliced
- 0.5 cup parmesan cheese grated kraft
- 2 cups classic ranch dressing kraft
- 2.8 oz oscar mayer real bacon recipe pieces

### Equipment

## Directions

- Mix ingredients until blended.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.947391414124%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 302.1kcal (15.1%), Fat: 28.93g (44.5%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.63g (1.68%), Sugar: 3.09g (3.44%), Cholesterol: 41.74mg (13.91%), Sodium: 765.63mg (33.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin K: 69.72µg (66.4%), Phosphorus: 139.35mg (13.93%), Calcium: 82.6mg (8.26%), Vitamin E: 1.19mg (7.94%), Selenium: 4.3µg (6.14%), Vitamin B2: 0.1mg (5.86%), Vitamin B5: 0.48mg (4.78%), Vitamin A: 228.71IU (4.57%), Vitamin B12: 0.2µg (3.29%), Zinc: 0.38mg (2.56%), Potassium: 75.29mg (2.15%), Magnesium: 6.93mg (1.73%), Manganese: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.47%), Folate: 5.14µg (1.28%), Iron: 0.22mg (1.21%)