



Bacon Ranch Dip

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



1007 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup knudsen cream sour
- ☐ 2 green onions sliced
- ☐ 0.5 cup parmesan cheese 100% grated kraft
- ☐ 2 cups ranch dressing kraft
- ☐ 2.8 ounce oscar mayer real bacon pieces canned

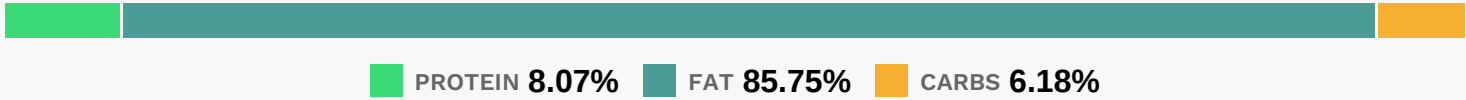
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients in large bowl. Cover. Refrigerate until cool.
- ☐ Serve with assorted cut-up vegetables or chips.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:14.550869700701%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 1006.99kcal (50.35%), Fat: 96.42g (148.33%), Saturated Fat: 25.25g (157.81%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.44g (5.61%), Sugar: 10.32g (11.46%), Cholesterol: 139.14mg (46.38%), Sodium: 2552.1mg (110.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.83%), Vitamin K: 232.39µg (221.33%), Phosphorus: 464.49mg (46.45%), Calcium: 275.33mg (27.53%), Vitamin E: 3.97mg (26.48%), Selenium: 14.32µg (20.45%), Vitamin B2: 0.33mg (19.52%), Vitamin B5: 1.59mg (15.95%), Vitamin A: 762.36IU (15.25%), Vitamin B12: 0.66µg (10.97%), Zinc: 1.28mg (8.52%), Potassium: 250.98mg (7.17%), Magnesium: 23.1mg (5.77%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.1mg (4.89%), Folate: 17.12µg (4.28%), Iron: 0.73mg (4.04%), Vitamin B1: 0.05mg (3.22%), Copper: 0.06mg (2.88%), Vitamin C: 2.19mg (2.66%), Vitamin D: 0.24µg (1.62%), Vitamin B3: 0.21mg (1.06%)