



## Bacon Ranch Dip Made Over

 Gluten Free

READY IN



190 min.

SERVINGS



24

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

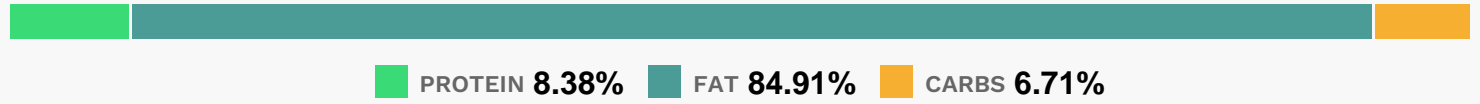
- 1 cup knudsen cream light sour
- 2 green onions sliced
- 2 cups lite ranch dressing kraft
- 2.8 oz oscar mayer real bacon recipe pieces
- 0.5 cup reduced fat topping parmesan style grated kraft

### Equipment

## Directions

- Mix all ingredients.
- Refrigerate several hours or until chilled.
- Serve with assorted cut-up vegetable dippers or RITZ Toasted Chips.

## Nutrition Facts



## Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.499130419091%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 116.68kcal (5.83%), Fat: 11.04g (16.99%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.94g (0.7%), Sugar: 0.98g (1.09%), Cholesterol: 15.11mg (5.04%), Sodium: 319.39mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin K: 28.95µg (27.57%), Phosphorus: 59.56mg (5.96%), Calcium: 42.94mg (4.29%), Vitamin E: 0.48mg (3.21%), Vitamin B2: 0.04mg (2.34%), Vitamin B12: 0.12µg (2.02%), Selenium: 1.37µg (1.96%), Vitamin B5: 0.17mg (1.67%), Vitamin A: 61.61IU (1.23%), Zinc: 0.17mg (1.11%), Potassium: 38.48mg (1.1%)