



Bar Scheez Dip

 **Vegetarian**  **Gluten Free**  **Low Fod Map**

READY IN

ready

75 min.

SERVINGS

servings

3

CALORIES

calories

851 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 ounce horseradish prepared
- ☐ 8 drops pepper sauce hot tabasco® (such as)
- ☐ 1 pound processed cheese diced velveeta® (such as)

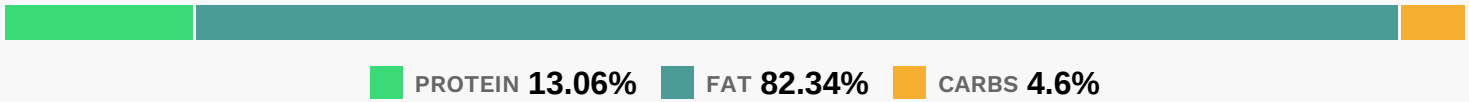
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Put processed cheese into a large microwave-safe bowl.
- ☐ Heat in the microwave until melted, 5 to 7 minutes.
- ☐ Stir melted butter, hot pepper sauce, and horseradish into the melted processed cheese.
- ☐ Chill the dip in the refrigerator until set, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:21.258695571319%

Nutrients (% of daily need)

Calories: 850.64kcal (42.53%), Fat: 79.02g (121.57%), Saturated Fat: 46.78g (292.4%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.68g (3.16%), Sugar: 6.49g (7.22%), Cholesterol: 232.54mg (77.51%), Sodium: 2999.02mg (130.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.39%), Calcium: 1610.47mg (161.05%), Phosphorus: 990.27mg (99.03%), Vitamin A: 2379.35IU (47.59%), Selenium: 31.98µg (45.68%), Vitamin B12: 2.33µg (38.87%), Zinc: 4.12mg (27.44%), Vitamin B2: 0.38mg (22.23%), Vitamin E: 2.09mg (13.96%), Vitamin C: 11.41mg (13.83%), Magnesium: 50.41mg (12.6%), Potassium: 305.49mg (8.73%), Folate: 34.94µg (8.73%), Vitamin B5: 0.69mg (6.89%), Vitamin K: 7.13µg (6.8%), Iron: 1.13mg (6.29%), Vitamin D: 0.91µg (6.05%), Vitamin B6: 0.11mg (5.73%), Manganese: 0.11mg (5.55%), Fiber: 1.26g (5.02%), Copper: 0.09mg (4.61%), Vitamin B1: 0.03mg (1.9%), Vitamin B3: 0.28mg (1.42%)