



Barbecue Ranch Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons barbecue sauce
- 5 servings roasted new potatoes red
- 1 oz ranch dressing mix
- 1.5 cups cup heavy whipping cream light sour

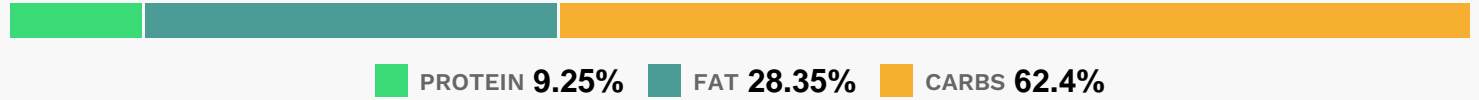
Equipment

- whisk

Directions

- Whisk together first 3 ingredients. Cover and chill 30 minutes.
- Serve with roasted red new potatoes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:19.18, Inflammation Score:-2, Nutrition Score:9.6995651747869%

Flavonoids

Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 237.14kcal (11.86%), Fat: 7.49g (11.53%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 33.75g (12.27%), Sugar: 3.65g (4.05%), Cholesterol: 24.15mg (8.05%), Sodium: 563.61mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin C: 30.21mg (36.62%), Vitamin B6: 0.46mg (23.08%), Potassium: 794.02mg (22.69%), Phosphorus: 135.89mg (13.59%), Fiber: 3.36g (13.45%), Manganese: 0.24mg (11.92%), Calcium: 117.6mg (11.76%), Magnesium: 42.31mg (10.58%), Vitamin B1: 0.15mg (9.95%), Copper: 0.18mg (8.9%), Vitamin B3: 1.67mg (8.36%), Folate: 31.73µg (7.93%), Vitamin B2: 0.13mg (7.92%), Iron: 1.26mg (7.02%), Zinc: 0.79mg (5.28%), Vitamin A: 245IU (4.9%), Vitamin B12: 0.29µg (4.83%), Vitamin B5: 0.46mg (4.55%), Selenium: 2.68µg (3.83%), Vitamin K: 3.32µg (3.16%), Vitamin E: 0.28mg (1.85%)