



Beer-Cheese Dip

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



5

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup beer
- 8 oz philadelphia cream cheese softened
- 2 green onions chopped
- 0.3 cup classic ranch dressing kraft
- 1 cup cheddar cheese shredded kraft

Equipment

- bowl
- blender

Directions

- Beat cream cheese, dressing and beer in medium bowl with mixer until blended.
- Stir in cheddar and onions.
- Refrigerate several hours or until chilled.

Nutrition Facts

PROTEIN 10.81% **FAT 83.33%** **CARBS 5.86%**

Properties

Glycemic Index:25.3, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:6.7330435721771%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 309.18kcal (15.46%), Fat: 28.64g (44.06%), Saturated Fat: 14.34g (89.62%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.45g (2.73%), Cholesterol: 71.53mg (23.84%), Sodium: 399.59mg (17.37%), Alcohol: 0.46g (100%), Alcohol %: 0.6% (100%), Protein: 8.36g (16.71%), Vitamin K: 27.51µg (26.2%), Calcium: 211.07mg (21.11%), Phosphorus: 177.79mg (17.78%), Vitamin A: 888.04IU (17.76%), Selenium: 10.82µg (15.45%), Vitamin B2: 0.22mg (13.01%), Zinc: 1.1mg (7.31%), Vitamin B12: 0.36µg (6.04%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.46mg (4.56%), Folate: 13.09µg (3.27%), Magnesium: 12.45mg (3.11%), Potassium: 101.39mg (2.9%), Vitamin B6: 0.05mg (2.65%), Vitamin B1: 0.02mg (1.47%), Copper: 0.02mg (1.12%), Vitamin C: 0.9mg (1.09%), Iron: 0.2mg (1.09%), Manganese: 0.02mg (1.05%)