



Beer Cheese Dip from Hidden Valley®

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



853 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beer to taste
- ☐ 16 ounce cream cheese softened
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 ounce dips mix hidden valley® original ranch®
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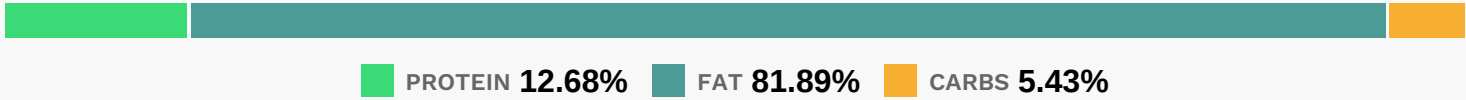
Equipment

- ☐ bowl

Directions

- ☐ Combine Cheddar cheese, cream cheese and dips mix in medium bowl. Gradually stir in beer until mixture reaches desired consistency.
- ☐ Garnish with green onion and additional Cheddar cheese.
- ☐ Serve with pretzels or vegetable pieces.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:16.673043484273%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 853.46kcal (42.67%), Fat: 77.63g (119.42%), Saturated Fat: 45.01g (281.29%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 11.58g (4.21%), Sugar: 5.93g (6.59%), Cholesterol: 228.04mg (76.01%), Sodium: 969.01mg (42.13%), Alcohol: 1.53g (100%), Alcohol %: 0.73% (100%), Protein: 27.03g (54.06%), Calcium: 680.84mg (68.08%), Vitamin A: 2785.42IU (55.71%), Phosphorus: 512.31mg (51.23%), Selenium: 34.56µg (49.37%), Vitamin B2: 0.69mg (40.58%), Zinc: 3.52mg (23.5%), Vitamin B12: 1.14µg (18.98%), Vitamin E: 1.87mg (12.44%), Vitamin B5: 1.19mg (11.89%), Magnesium: 36.31mg (9.08%), Folate: 31.79µg (7.95%), Vitamin B6: 0.15mg (7.74%), Potassium: 268.21mg (7.66%), Vitamin K: 4.98µg (4.75%), Vitamin B1: 0.06mg (3.91%), Vitamin D: 0.45µg (3.01%), Copper: 0.05mg (2.7%), Vitamin B3: 0.38mg (1.89%), Iron: 0.29mg (1.64%), Manganese: 0.03mg (1.37%)