



Beer Cheese Pretzel Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



3

CALORIES



869 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 servings ground pepper to taste
- 16 ounce cream cheese softened
- 1 ounce ranch seasoning dry
- 3 servings lawry's seasoned salt to taste
- 2 cups cheddar cheese shredded

Equipment

- bowl

Directions

- In a bowl, mash the cream cheese with the ranch dressing mix until thoroughly combined, then stir in the Cheddar cheese.
- Mix in beer, 1 tablespoon at a time, until you reach the desired consistency (add more for a thinner dip). Stir in the seasoned salt and cayenne pepper. Refrigerate until thoroughly chilled, at least 1 hour.

Nutrition Facts

PROTEIN 12.37% **FAT 80.07%** **CARBS 7.56%**

Properties

Glycemic Index:28.67, Glycemic Load:2.94, Inflammation Score:-9, Nutrition Score:18.082608798276%

Nutrients (% of daily need)

Calories: 869.18kcal (43.46%), Fat: 77.97g (119.95%), Saturated Fat: 45.07g (281.69%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 16.02g (5.83%), Sugar: 6.14g (6.82%), Cholesterol: 228.04mg (76.01%), Sodium: 1870.57mg (81.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.18%), Vitamin A: 3617.62IU (72.35%), Calcium: 682.35mg (68.23%), Phosphorus: 512.67mg (51.27%), Selenium: 34.5µg (49.28%), Vitamin B2: 0.7mg (41.08%), Zinc: 3.57mg (23.81%), Vitamin B12: 1.13µg (18.85%), Vitamin E: 2.46mg (16.41%), Vitamin B5: 1.17mg (11.73%), Vitamin B6: 0.19mg (9.28%), Magnesium: 36.99mg (9.25%), Potassium: 297.91mg (8.51%), Folate: 31.55µg (7.89%), Vitamin K: 6.59µg (6.28%), Vitamin B1: 0.06mg (4.21%), Manganese: 0.06mg (3.23%), Vitamin D: 0.45µg (3.01%), Copper: 0.06mg (2.98%), Iron: 0.44mg (2.47%), Fiber: 0.54g (2.18%), Vitamin C: 1.53mg (1.85%), Vitamin B3: 0.35mg (1.75%)