



Blue Cheese Ranch Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

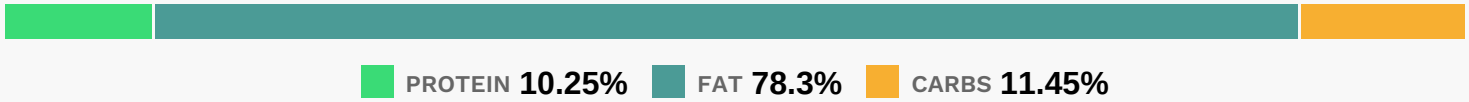
- ☐ 4 oz cheese crumbles blue
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 oz ranch seasoning
- ☐ 16 oz cream sour

Equipment

Directions

- ☐
- Stir together sour cream, Ranch dip mix, blue cheese crumbles, and chopped fresh chives.
- ☐
- Serve with carrot and celery sticks, sturdy potato chips, and hot wings.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:5.6330435246877%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 24.12g (37.1%), Saturated Fat: 13.41g (83.78%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.9g (2.87%), Sugar: 3.23g (3.59%), Cholesterol: 70.53mg (23.51%), Sodium: 714.22mg (31.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Calcium: 212.48mg (21.25%), Vitamin A: 790.46IU (15.81%), Phosphorus: 157.41mg (15.74%), Vitamin B2: 0.24mg (14.14%), Selenium: 6.66µg (9.51%), Vitamin B12: 0.47µg (7.79%), Vitamin B5: 0.7mg (7.01%), Zinc: 0.91mg (6.06%), Potassium: 175.01mg (5%), Vitamin K: 4.46µg (4.25%), Vitamin B6: 0.08mg (3.82%), Folate: 14.87µg (3.72%), Magnesium: 14.79mg (3.7%), Vitamin E: 0.4mg (2.69%), Vitamin C: 1.51mg (1.83%), Vitamin B1: 0.03mg (1.71%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.36%)