



Creamy Avocado-Ranch Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



549 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados pitted peeled
- 0.3 teaspoon celery salt
- 0.3 teaspoon garlic salt
- 0.8 teaspoon hot sauce
- 8 ounce neufchâtel cheese
- 1 ounce ranch dressing mix
- 16 ounce cup heavy whipping cream sour

Equipment

food processor

bowl

Directions

In a food processor, mix the sour cream, Neufchatel cheese, ranch dressing mix, hot sauce, garlic salt, and celery salt.

In a bowl, mash the avocados, and mix in the sour cream mixture until well blended. Cover, and chill until serving.

Nutrition Facts

PROTEIN 7.04% **FAT 78.97%** **CARBS 13.99%**

Properties

Glycemic Index:16.75, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:14.483913027722%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 548.56kcal (27.43%), Fat: 49.69g (76.45%), Saturated Fat: 20.85g (130.29%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 13.07g (4.75%), Sugar: 6.35g (7.05%), Cholesterol: 108.86mg (36.29%), Sodium: 1073.62mg (46.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Fiber: 6.74g (26.94%), Vitamin A: 1331.25IU (26.63%), Vitamin B2: 0.41mg (24.1%), Folate: 96.19µg (24.05%), Vitamin K: 23.79µg (22.66%), Phosphorus: 216.77mg (21.68%), Vitamin B5: 2.1mg (21.04%), Potassium: 716.5mg (20.47%), Calcium: 193.17mg (19.32%), Vitamin E: 2.74mg (18.26%), Vitamin B6: 0.33mg (16.46%), Vitamin C: 11.63mg (14.1%), Magnesium: 46.2mg (11.55%), Copper: 0.23mg (11.36%), Zinc: 1.48mg (9.89%), Vitamin B3: 1.98mg (9.88%), Selenium: 6.3µg (9%), Manganese: 0.16mg (8.13%), Vitamin B1: 0.1mg (6.85%), Vitamin B12: 0.41µg (6.8%), Iron: 0.71mg (3.96%)