



Creamy Ranch Dip

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



5

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 Tbsp milk
- 0.5 cup classic ranch dressing kraft

Equipment

- blender

Directions

Beat ingredients with mixer until blended.

Refrigerate several hours or until chilled.

Nutrition Facts

PROTEIN 4.92% **FAT 88.81%** **CARBS 6.27%**

Properties

Glycemic Index:13, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:4.4121738983237%

Nutrients (% of daily need)

Calories: 265.56kcal (13.28%), Fat: 26.48g (40.73%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.12g (3.47%), Cholesterol: 52.77mg (17.59%), Sodium: 360.95mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin K: 33.13µg (31.55%), Vitamin A: 628.01IU (12.56%), Phosphorus: 99.23mg (9.92%), Vitamin B2: 0.13mg (7.85%), Selenium: 4.85µg (6.94%), Vitamin E: 0.93mg (6.17%), Calcium: 58.1mg (5.81%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.17µg (2.88%), Potassium: 84.23mg (2.41%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.04mg (1.81%), Magnesium: 6mg (1.5%), Folate: 5.04µg (1.26%), Vitamin B1: 0.02mg (1.16%)