



Fast and Easy Chip Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



508 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce mayonnaise
- 1 ounce ranch dressing mix
- 16 ounce cup heavy whipping cream sour

Equipment

- bowl

Directions

- Combine the sour cream, mayonnaise, and ranch dressing mix in a large bowl. Cover and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 1.52% **FAT 94.61%** **CARBS 3.87%**

Properties

Glycemic Index:6.25, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.6573913615683%

Nutrients (% of daily need)

Calories: 507.67kcal (25.38%), Fat: 53.41g (82.17%), Saturated Fat: 12.36g (77.25%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.26g (2.51%), Cholesterol: 57.27mg (19.09%), Sodium: 643.39mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 93.27µg (88.83%), Vitamin E: 2.08mg (13.83%), Vitamin A: 390.09IU (7.8%), Vitamin B2: 0.11mg (6.24%), Calcium: 61.8mg (6.18%), Phosphorus: 55mg (5.5%), Selenium: 3.4µg (4.86%), Vitamin B12: 0.19µg (3.12%), Vitamin B5: 0.29mg (2.88%), Potassium: 82.21mg (2.35%), Zinc: 0.27mg (1.81%), Magnesium: 6.24mg (1.56%), Folate: 6.24µg (1.56%), Vitamin B6: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.13%), Copper: 0.02mg (1.05%)