

Gramp's Ranch Dip



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 2 tablespoons pickled jalapeño pepper chopped
- ☐ 2 ounce ranch dressing mix
- ☐ 24 ounce cup heavy whipping cream sour

Equipment

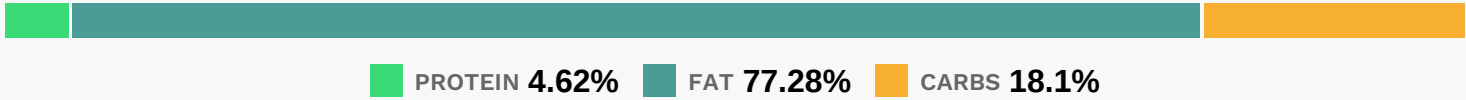
- ☐ bowl

Directions

☐

Mix sour cream, ranch dressing mix, black pepper, garlic powder, and jalapeno pepper in a bowl; refrigerate at least 2 hours to allow the flavors to mingle before serving.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1665217377569%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 63.89kcal (3.19%), Fat: 5.51g (8.48%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.02g (1.14%), Cholesterol: 16.73mg (5.58%), Sodium: 186.12mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin A: 191IU (3.82%), Calcium: 29.62mg (2.96%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 22.65mg (2.27%), Vitamin C: 1.74mg (2.11%), Selenium: 1.09µg (1.56%), Manganese: 0.03mg (1.34%), Potassium: 42.24mg (1.21%), Vitamin E: 0.16mg (1.03%), Vitamin B5: 0.1mg (1.02%)