



## Green Onion Ranch Dip

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



10

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce cream cheese softened
- 18 spring onion chopped
- 0.5 cup mayonnaise
- 1 ounce ranch seasoning
- 8 ounce cream sour

### Equipment

- blender

## Directions

- Combine cream cheese, sour cream, and mayonnaise in a blender; puree until smooth.
- Sprinkle in the ranch dressing mix, green onions, and optional jalapeno; puree until well combined. For best results, refrigerate overnight before serving.

## Nutrition Facts

 **PROTEIN 4.51%**  **FAT 85.33%**  **CARBS 10.16%**

## Properties

Glycemic Index:10.9, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:5.8713043163652%

## Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 215.24kcal (10.76%), Fat: 20.62g (31.72%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.96g (1.81%), Sugar: 2.19g (2.44%), Cholesterol: 40.99mg (13.66%), Sodium: 365.44mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 63.78µg (60.75%), Vitamin A: 668.51IU (13.37%), Vitamin B2: 0.11mg (6.45%), Calcium: 61.35mg (6.14%), Phosphorus: 51.85mg (5.18%), Vitamin C: 4.26mg (5.17%), Vitamin E: 0.77mg (5.12%), Selenium: 3.18µg (4.54%), Folate: 17.79µg (4.45%), Potassium: 120.14mg (3.43%), Vitamin B5: 0.24mg (2.41%), Fiber: 0.56g (2.25%), Magnesium: 8.74mg (2.19%), Iron: 0.38mg (2.13%), Manganese: 0.04mg (2.02%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.11µg (1.85%), Vitamin B6: 0.04mg (1.8%), Vitamin B1: 0.02mg (1.52%), Copper: 0.03mg (1.41%)