

Horseradish Ranch Spread



Vegetarian



Gluten Free

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READY IN

ready

5 min.

SERVINGS

servings

5

CALORIES

calories

111 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2 teaspoons horseradish prepared



1 oz ranch dressing mix



1.5 cups cup heavy whipping cream light sour

Equipment

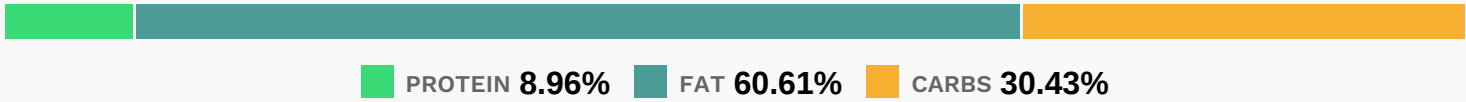


whisk

Directions

- ☐ Whisk together first 3 ingredients.
- ☐ Spread on dinner rolls, and top with thinly sliced deli roast beef.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.2260869956859%

Nutrients (% of daily need)

Calories: 110.56kcal (5.53%), Fat: 7.33g (11.27%), Saturated Fat: 4.56g (28.47%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 8.21g (2.99%), Sugar: 0.31g (0.35%), Cholesterol: 24.15mg (8.05%), Sodium: 490.91mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Calcium: 98.41mg (9.84%), Phosphorus: 49.61mg (4.96%), Vitamin B2: 0.08mg (4.9%), Vitamin B12: 0.29µg (4.83%), Vitamin A: 226.36IU (4.53%), Potassium: 151.2mg (4.32%), Selenium: 2.19µg (3.14%), Zinc: 0.36mg (2.41%), Folate: 8.73µg (2.18%), Magnesium: 7.44mg (1.86%), Vitamin B1: 0.03mg (1.85%), Vitamin E: 0.21mg (1.38%), Vitamin C: 1.12mg (1.36%)