



New Ranch Dip

 **Gluten Free**

READY IN



70 min.

SERVINGS



10

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

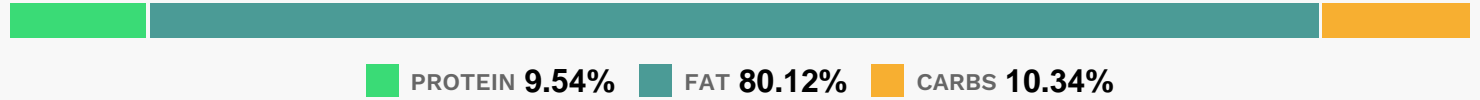
- 0.5 cup knudsen cream sour
- 1 green onion sliced
- 0.3 cup miracle whip dressing kraft
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup classic ranch dressing kraft
- 0.3 cup oscar mayer real bacon recipe pieces

Equipment

Directions

- Mix all ingredients until well blended.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.9695651712625%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 100.72kcal (5.04%), Fat: 9.05g (13.92%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.64g (1.82%), Cholesterol: 16.69mg (5.56%), Sodium: 290.61mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin K: 18.78µg (17.88%), Phosphorus: 47.67mg (4.77%), Calcium: 38.32mg (3.83%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.31%), Vitamin A: 114.19IU (2.28%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.08µg (1.3%), Zinc: 0.17mg (1.14%)