



Spiced-Up Ranch Dip

 Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



607 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bacon bits
- 1 teaspoon ground pepper
- 1 teaspoon chili powder
- 1 ounce ranch seasoning hidden valley ranch® (such as)
- 2 cups cheddar cheese shredded
- 16 ounce cream sour

Equipment

- bowl

Directions

- Stir the sour cream, Cheddar cheese, bacon bits, ranch mix, chili powder, and cayenne pepper in a bowl. Chill in refrigerator 1 hour before serving.

Nutrition Facts

PROTEIN 18.36% **FAT 66.94%** **CARBS 14.7%**

Properties

Glycemic Index:11.8, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:15.468695485074%

Nutrients (% of daily need)

Calories: 607.43kcal (30.37%), Fat: 45.35g (69.77%), Saturated Fat: 19.78g (123.66%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 17.34g (6.3%), Sugar: 3.31g (3.68%), Cholesterol: 98.72mg (32.91%), Sodium: 1593.18mg (69.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Calcium: 460.89mg (46.09%), Phosphorus: 381.01mg (38.1%), Selenium: 19.77µg (28.24%), Vitamin E: 4.22mg (28.14%), Vitamin A: 1303.12IU (26.06%), Vitamin B2: 0.39mg (23.08%), Vitamin B1: 0.32mg (21.16%), Vitamin B12: 1.24µg (20.62%), Fiber: 5.07g (20.3%), Zinc: 2.87mg (19.13%), Folate: 75.56µg (18.89%), Magnesium: 67.43mg (16.86%), Copper: 0.29mg (14.59%), Potassium: 232.67mg (6.65%), Vitamin B6: 0.12mg (6.22%), Vitamin B5: 0.5mg (4.95%), Vitamin B3: 0.95mg (4.73%), Iron: 0.58mg (3.21%), Vitamin K: 3.19µg (3.04%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.27µg (1.81%), Manganese: 0.03mg (1.46%)