



## Spinach Ranch Dip

READY IN



10 min.

SERVINGS



18

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 carrots shredded
- 18 servings multigrain snack crackers thin
- 1 cup knudsen cream light sour
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 cup lite ranch dressing kraft
- 0.5 cup pasilla peppers yellow finely chopped

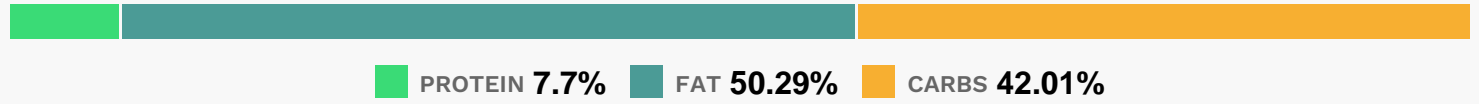
### Equipment

- bowl

## Directions

- Mix sour cream and dressing in medium bowl until well blended.
- Stir in vegetables.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.6, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:9.3834784886111%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 117.51kcal (5.88%), Fat: 6.66g (10.24%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.56g (4.2%), Sugar: 1.75g (1.94%), Cholesterol: 5.34mg (1.78%), Sodium: 195.83mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin K: 71.57µg (68.16%), Vitamin A: 2464.42IU (49.29%), Vitamin C: 8.78mg (10.64%), Manganese: 0.21mg (10.42%), Folate: 37.62µg (9.4%), Vitamin E: 1.15mg (7.67%), Phosphorus: 68.85mg (6.88%), Calcium: 65.48mg (6.55%), Vitamin B1: 0.09mg (6.3%), Iron: 1.06mg (5.89%), Vitamin B2: 0.1mg (5.82%), Vitamin B3: 0.94mg (4.71%), Magnesium: 17.2mg (4.3%), Fiber: 0.96g (3.83%), Potassium: 122.38mg (3.5%), Selenium: 2.21µg (3.16%), Vitamin B6: 0.05mg (2.59%), Copper: 0.05mg (2.56%), Zinc: 0.27mg (1.8%), Vitamin B5: 0.12mg (1.17%)