



## Super Easy Cheese Dip

READY IN



25 min.

SERVINGS



3

CALORIES



509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons onion soup mix dry
- 1 cup processed cheese sauce cheez whiz® (such as )
- 1 cup creamy salad dressing miracle whip® (such as )
- 1 cup heavy whipping cream sour

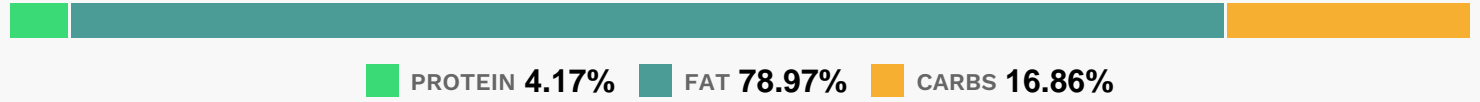
### Equipment

- bowl
- whisk

## Directions

- Whisk cheese sauce, salad dressing, sour cream, and dry onion soup mix in a large bowl.
- Transfer dip to serving dish. Refrigerate until cold, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.5921738925187%

## Nutrients (% of daily need)

Calories: 509.02kcal (25.45%), Fat: 45.54g (70.05%), Saturated Fat: 13.21g (82.58%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.55g (7.84%), Sugar: 14.46g (16.07%), Cholesterol: 52.33mg (17.44%), Sodium: 1850.63mg (80.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Vitamin K: 45.09µg (42.94%), Vitamin A: 929.29IU (18.59%), Calcium: 151.07mg (15.11%), Vitamin E: 2.01mg (13.42%), Vitamin B2: 0.14mg (8.38%), Phosphorus: 80.57mg (8.06%), Selenium: 4.65µg (6.65%), Potassium: 197.68mg (5.65%), Vitamin B6: 0.11mg (5.53%), Magnesium: 14.58mg (3.65%), Manganese: 0.07mg (3.3%), Vitamin B1: 0.05mg (3%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.16µg (2.68%), Zinc: 0.36mg (2.43%), Copper: 0.05mg (2.32%), Iron: 0.32mg (1.78%), Vitamin C: 1.17mg (1.42%), Fiber: 0.33g (1.32%), Vitamin B3: 0.25mg (1.24%), Folate: 4.6µg (1.15%)