



## VELVEETA® Spicy Buffalo Beer Dip

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup natural cheese crumbles blue kraft
- 0.3 cup buffalo wing sauce
- 0.5 cup knudsen cream sour
- 2 green onions sliced
- 0.5 cup beer light
- 16 oz velveeta cut into 1/2-inch cubes
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### Equipment

- bowl
- microwave

## Directions

- Microwave VELVEETA and beer in large microwaveable bowl on HIGH 5 min. or until VELVEETA is melted, stirring after 3 min.
- Stir in remaining ingredients.

## Nutrition Facts

**PROTEIN 11.6%** **FAT 77.81%** **CARBS 10.59%**

## Properties

Glycemic Index:5.9, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.1443478212408%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 38.87kcal (1.94%), Fat: 3.2g (4.93%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.48g (0.53%), Cholesterol: 9.32mg (3.11%), Sodium: 227.19mg (9.88%), Alcohol: 0.37g (100%), Alcohol %: 1.32% (100%), Protein: 1.08g (2.15%), Vitamin K: 5.22µg (4.97%), Calcium: 31.64mg (3.16%), Vitamin A: 121.32IU (2.43%), Phosphorus: 24.11mg (2.41%), Vitamin B2: 0.04mg (2.11%), Selenium: 0.98µg (1.39%), Vitamin B12: 0.07µg (1.13%), Folate: 4.15µg (1.04%), Vitamin B5: 0.1mg (1.02%)