



## VELVEETA® Zesty Ranch Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz knudsen cream sour
- 1 cup classic ranch dressing kraft
- 10 oz ro\*tel tomatoes & chilies diced green undrained canned
- 16 oz velveeta cut into 1/2-inch cubes

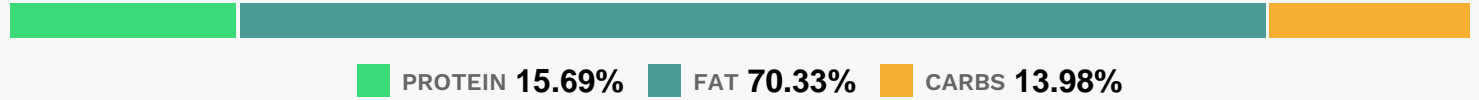
### Equipment

- bowl
- microwave

## Directions

- Combine ingredients in large microwaveable bowl.
- Microwave on HIGH 8 min. or until VELVEETA is completely melted and mixture is well blended, stirring every 2 min.
- Serve with assorted cut-up fresh vegetables or your favorite crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:5.8113044079231%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 169.27kcal (8.46%), Fat: 13.3g (20.46%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.33g (4.81%), Cholesterol: 25.78mg (8.59%), Sodium: 629.39mg (27.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Phosphorus: 355.44mg (35.54%), Vitamin K: 23.16µg (22.06%), Calcium: 195.22mg (19.52%), Vitamin B2: 0.24mg (14.09%), Vitamin A: 554.66IU (11.09%), Zinc: 0.86mg (5.75%), Potassium: 178.26mg (5.09%), Vitamin E: 0.51mg (3.43%), Vitamin C: 2.76mg (3.34%), Vitamin B5: 0.2mg (1.95%), Selenium: 1.12µg (1.6%), Manganese: 0.03mg (1.5%), Vitamin B6: 0.03mg (1.31%), Folate: 4.38µg (1.1%), Magnesium: 4.39mg (1.1%)