



Cheesy Jalapeno Dip

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce chiles green chopped canned
- 16 ounce cream cheese softened
- 0.3 cup cilantro leaves fresh chopped
- 1 jalapeno sliced into rings
- 4 ounce jalapeño peppers diced with juice canned
- 0.5 cup parmesan cheese divided freshly grated
- 1 ounce ranch dressing mix
- 8 ounce cheddar cheese shredded divided

1 cup cup heavy whipping cream sour

Equipment

bowl

oven

baking pan

aluminum foil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix cream cheese, sour cream, canned jalapeno peppers with juice, green chiles, diced jalapeno pepper, cilantro, and ranch dressing mix together in a bowl until smooth.

Add about half the Cheddar cheese and half the Parmesan cheese; stir.

Spread the cheese mixture into a baking dish. Arrange jalapeno slices atop the cheese mixture; top with remaining Cheddar and Parmesan cheeses. Cover baking dish with aluminum foil.

Bake in preheated oven until top is warm and bubbling, about 25 minutes.

Nutrition Facts

 **PROTEIN 12.31%** **FAT 78.52%** **CARBS 9.17%**

Properties

Glycemic Index:6.25, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:3.5608695538148%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 138.3kcal (6.92%), Fat: 12.19g (18.75%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.29g (1.43%), Cholesterol: 36.01mg (12%), Sodium: 268.16mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Calcium: 115.69mg (11.57%), Vitamin A: 500.66IU (10.01%), Vitamin C: 8.04mg (9.75%), Phosphorus: 85.97mg (8.6%), Selenium: 5.42µg (7.74%), Vitamin B2: 0.11mg

(6.7%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.19µg (3.17%), Vitamin E: 0.47mg (3.16%), Vitamin B6: 0.05mg (2.54%),
Vitamin K: 2.3µg (2.19%), Folate: 8.47µg (2.12%), Vitamin B5: 0.21mg (2.07%), Potassium: 67.41mg (1.93%),
Magnesium: 6.97mg (1.74%)