



Chipotle Blue Cheese Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups chunky cheese dressing blue
- ☐ 7 ounce chipotle peppers in adobo sauce canned
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons milk

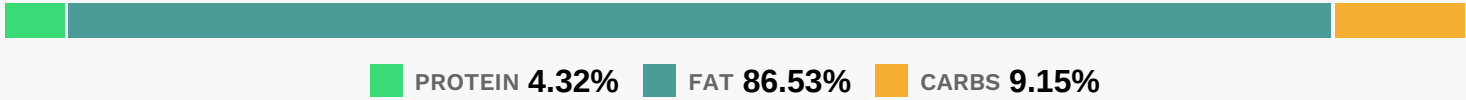
Equipment

- ☐ blender

Directions

- ☐ Puree the chipotle peppers with the adobo sauce in a blender until smooth.
- ☐ Add the mayonnaise, milk, and dressing; blend again until thoroughly mixed.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.226086884737%

Nutrients (% of daily need)

Calories: 203.73kcal (10.19%), Fat: 19.5g (30%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.63g (2.92%), Cholesterol: 10.14mg (3.38%), Sodium: 488.66mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin K: 38.51µg (36.67%), Fiber: 1.98g (7.94%), Vitamin E: 0.83mg (5.52%), Iron: 0.71mg (3.93%), Phosphorus: 38.24mg (3.82%), Calcium: 38.19mg (3.82%), Vitamin B2: 0.05mg (2.66%), Vitamin B12: 0.13µg (2.13%), Selenium: 1.16µg (1.66%)