

# Chipotle Lime Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 chipotles in adobo minced
- 2 tablespoons cilantro leaves minced
- 1 tablespoon juice of lime
- 1 teaspoon lime zest
- 1.5 cups yogurt plain dannon®
- 12 servings salt to taste

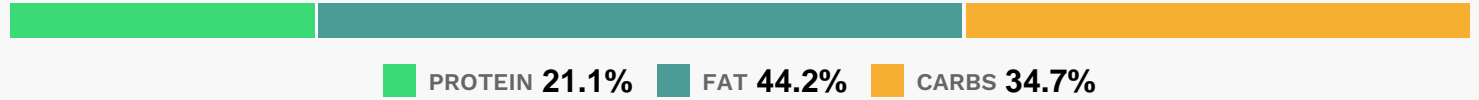
## Equipment

- bowl

## Directions

- Combine all ingredients in a bowl and mix well to blend. Store in an airtight container until ready to use as a dip or salad dressing.

## Nutrition Facts



## Properties

Glycemic Index:6.92, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.95304347898649%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 19.89kcal (0.99%), Fat: 1g (1.53%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.53g (1.71%), Cholesterol: 3.98mg (1.33%), Sodium: 207.95mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Calcium: 37.45mg (3.75%), Phosphorus: 29.33mg (2.93%), Vitamin B2: 0.04mg (2.58%), Vitamin B12: 0.11µg (1.89%), Potassium: 49.49mg (1.41%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.21%)