

Chipotle Ranch Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotles in adobo canned minced to taste
- 2.5 tablespoons ranch seasoning dry
- 1 clove garlic minced
- 3 spring onion minced
- 1 cup mayonnaise light
- 1 tablespoon juice of lime fresh
- 1 cup cream light sour

Equipment

bowl

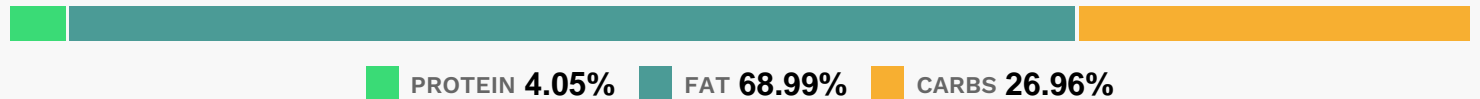
whisk

Directions

Whisk the mayonnaise, sour cream, ranch dressing mix, green onions, garlic, lime juice, and chipotle chile together in a bowl until blended.

Serve immediately, or refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.1195652465458%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 97.99kcal (4.9%), Fat: 7.42g (11.42%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.27g (2.28%), Sugar: 1.06g (1.18%), Cholesterol: 11.63mg (3.88%), Sodium: 486.26mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 19.61µg (18.68%), Vitamin E: 0.58mg (3.89%), Calcium: 37.12mg (3.71%), Vitamin A: 127.86IU (2.56%), Phosphorus: 21.69mg (2.17%), Potassium: 68.6mg (1.96%), Selenium: 1.36µg (1.94%), Vitamin B2: 0.03mg (1.83%), Vitamin C: 1.43mg (1.73%), Vitamin B12: 0.1µg (1.61%), Folate: 5.89µg (1.47%), Fiber: 0.26g (1.02%)