



Chipotle Ranch Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 teaspoon chipotle powder



1 tablespoon cilantro leaves fresh chopped



1 cup ranch dressing

Equipment

Directions



Stir together all ingredients.

Nutrition Facts



PROTEIN 1.28% FAT 93.05% CARBS 5.67%

Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.3273912330522%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 206.98kcal (10.35%), Fat: 21.39g (32.91%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.27g (2.52%), Cholesterol: 12.48mg (4.16%), Sodium: 435.8mg (18.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin K: 64.78µg (61.69%), Phosphorus: 89.92mg (8.99%), Vitamin E: 1.14mg (7.63%), Vitamin B5: 0.39mg (3.85%), Vitamin B2: 0.04mg (2.57%), Selenium: 1.72µg (2.46%), Vitamin A: 82.94IU (1.66%), Calcium: 14.15mg (1.42%), Vitamin B12: 0.08µg (1.36%), Manganese: 0.02mg (1.2%)