



Creamy Jalapeno Ranch Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup buttermilk
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 4 ounce chilies green chopped canned
- 0.3 cup jalapeno seeded chopped
- 10 juice of lime juiced
- 0.5 cup mayonnaise reduced-fat
- 1 ounce ranch dressing mix

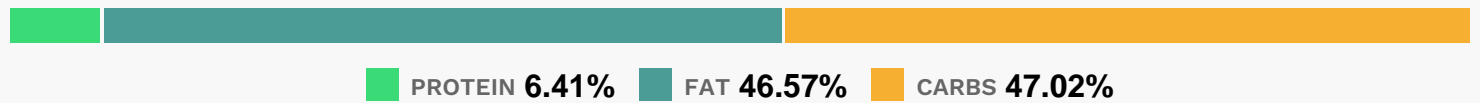
Equipment

- food processor
- blender

Directions

- Blend buttermilk, green chilies, mayonnaise, jalapeno pepper, cilantro, garlic, ranch dressing mix, and lime juice in a food processor or blender until mostly smooth.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:2.7560869688573%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 62.16kcal (3.11%), Fat: 3.32g (5.11%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.59g (2.88%), Cholesterol: 4.43mg (1.48%), Sodium: 369.28mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin C: 14.31mg (17.35%), Vitamin K: 8.49µg (8.08%), Calcium: 34.64mg (3.46%), Vitamin E: 0.45mg (3%), Vitamin B2: 0.05mg (2.92%), Phosphorus: 28.54mg (2.85%), Vitamin A: 130.84IU (2.62%), Fiber: 0.61g (2.44%), Potassium: 84.4mg (2.41%), Vitamin B6: 0.04mg (2.18%), Vitamin D: 0.31µg (2.08%), Selenium: 1.34µg (1.91%), Vitamin B12: 0.11µg (1.84%), Vitamin B5: 0.15mg (1.52%), Vitamin B1: 0.02mg (1.52%), Magnesium: 5.81mg (1.45%), Folate: 5.81µg (1.45%), Manganese: 0.03mg (1.29%), Copper: 0.02mg (1.06%)