



Chipotle Ranch Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups ranch dressing
- 2 chipotles in adobo drained (from 7-oz can)
- 1 serving savory vegetable fresh assorted

Equipment

- blender

Directions

- In blender, place dressing and chiles. Cover and blend until smooth.
- Serve dip immediately with vegetables, or cover and refrigerate up to 1 week.

Nutrition Facts

PROTEIN 1.91% **FAT 88.65%** **CARBS 9.44%**

Properties

Glycemic Index:3.75, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:3.3430435171594%

Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 13.39g (20.6%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.65g (0.97%), Sugar: 1.57g (1.75%), Cholesterol: 7.8mg (2.6%), Sodium: 273.89mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 40.2µg (38.29%), Vitamin A: 396.61IU (7.93%), Phosphorus: 60.27mg (6.03%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.25mg (2.52%), Fiber: 0.55g (2.21%), Vitamin B2: 0.03mg (1.91%), Manganese: 0.03mg (1.56%), Selenium: 1.08µg (1.54%), Iron: 0.22mg (1.23%), Calcium: 10.3mg (1.03%), Potassium: 35.28mg (1.01%)