



Insanely Amazing Jalapeno Cheese Dip

READY IN



40 min.

SERVINGS



8

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce to 2 chilies slit green chopped canned
- 4 ounce jalapeno diced canned
- 1 cup mayonnaise
- 1 cup parmesan shredded
- 0.5 cup cheddar cheese shredded
- 1 sourdough bread

Equipment

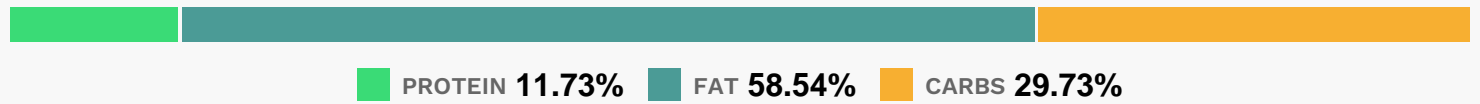
- bowl

oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine jalapeno peppers, Parmesan cheese, Cheddar cheese, mayonnaise, and green chilies in a bowl.
- Cut the top off of the sourdough bread and hollow out the center to create a bowl. Fill the bread bowl with the jalapeno mixture.
- Bake in the preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:23.06, Inflammation Score:-5, Nutrition Score:13.85826069894%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 430.17kcal (21.51%), Fat: 28g (43.07%), Saturated Fat: 7g (43.72%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 29.88g (10.87%), Sugar: 3.95g (4.39%), Cholesterol: 27.32mg (9.11%), Sodium: 812.75mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin K: 49.04µg (46.71%), Selenium: 21.71µg (31.01%), Vitamin B1: 0.42mg (27.83%), Calcium: 231.32mg (23.13%), Vitamin C: 18.51mg (22.44%), Vitamin B2: 0.33mg (19.39%), Folate: 77.23µg (19.31%), Phosphorus: 188.12mg (18.81%), Manganese: 0.32mg (15.78%), Vitamin B3: 2.95mg (14.74%), Iron: 2.42mg (13.46%), Vitamin E: 1.63mg (10.83%), Fiber: 2.11g (8.44%), Zinc: 1.25mg (8.36%), Magnesium: 27.93mg (6.98%), Vitamin B6: 0.14mg (6.92%), Vitamin A: 339.4IU (6.79%), Copper: 0.1mg (5.21%), Vitamin B12: 0.26µg (4.31%), Vitamin B5: 0.37mg (3.68%), Potassium: 123.94mg (3.54%), Vitamin D: 0.16µg (1.07%)