



WHATSheATE



## Jalapeno Popper Dip

🤍 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



495 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 ounce jalapeños drained sliced canned (pickled)
- ☐ 8 ounce cream cheese room temperature
- ☐ 2 jalapeño peppers chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 0.5 cup cheddar cheese shredded

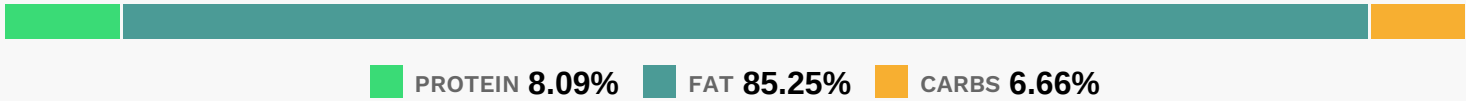
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Mix the cream cheese, mayonnaise, cheddar cheese, parmigiano reggiano and jalapenos in a bowl and pour into a baking dish.
- ☐ Mix the panko bread crumbs and parmigiano reggiano and sprinkle over the dip.
- ☐ Bake in a preheated 350F oven until the sides are bubbling and the cheese cheese has melted and turned golden brown on top, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:10.905652165413%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 495.47kcal (24.77%), Fat: 47.36g (72.86%), Saturated Fat: 18.55g (115.91%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.23g (2.63%), Sugar: 3.52g (3.91%), Cholesterol: 87.4mg (29.13%), Sodium: 1049.72mg (45.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Vitamin K: 52.48µg (49.98%), Vitamin A: 1527.42IU (30.55%), Calcium: 245.32mg (24.53%), Phosphorus: 187.73mg (18.77%), Selenium: 12.01µg (17.16%), Vitamin B2: 0.25mg (14.68%), Vitamin C: 11.14mg (13.5%), Vitamin E: 1.97mg (13.17%), Zinc: 1.18mg (7.84%), Vitamin B6: 0.14mg (6.86%), Vitamin B12: 0.4µg (6.6%), Vitamin B5: 0.62mg (6.19%), Iron: 0.93mg (5.15%), Potassium: 176.49mg (5.04%), Folate: 19.78µg (4.94%), Vitamin B1: 0.07mg (4.91%), Magnesium: 18.86mg (4.72%), Fiber: 1.1g (4.41%), Manganese: 0.08mg (4.22%), Copper: 0.08mg (3.82%), Vitamin B3: 0.53mg (2.64%), Vitamin D: 0.17µg (1.15%)