



Jalapeno Popper Dressing



Gluten Free



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 tablespoon cilantro leaves
- ☐ 2 tablespoons bacon crumbled cooked
- ☐ 1 clove garlic
- ☐ 1 green onion
- ☐ 0.3 cup roasted jalapenos fresh
- ☐ 0.5 cup cream cheese light softened (is ok)
- ☐ 1 serving salt and pepper to taste

☐ 0.3 cup cup heavy whipping cream sour

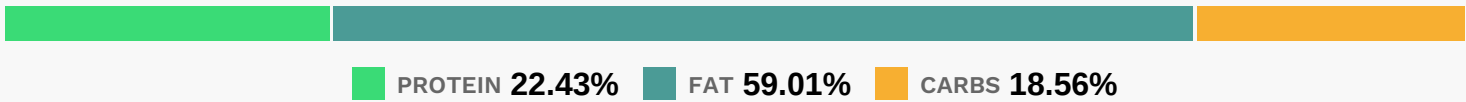
Equipment

☐ food processor

Directions

☐ Puree everything in a food processor and optionally let sit in the fridge for a few hours.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:16.926521850669%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 389.35kcal (19.47%), Fat: 25.57g (39.34%), Saturated Fat: 13.82g (86.38%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.08g (6.21%), Sugar: 12.79g (14.21%), Cholesterol: 87.76mg (29.25%), Sodium: 944.08mg (41.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.73%), Phosphorus: 370.79mg (37.08%), Vitamin C: 29.99mg (36.35%), Calcium: 320.8mg (32.08%), Vitamin B12: 1.88µg (31.38%), Vitamin B2: 0.53mg (31.03%), Vitamin K: 31.79µg (30.28%), Selenium: 19.66µg (28.09%), Vitamin A: 1158.03IU (23.16%), Potassium: 620.83mg (17.74%), Vitamin B5: 1.66mg (16.64%), Vitamin B6: 0.32mg (16.09%), Vitamin B1: 0.19mg (12.5%), Zinc: 1.72mg (11.47%), Folate: 43.39µg (10.85%), Vitamin B3: 2.16mg (10.78%), Vitamin E: 1.31mg (8.76%), Magnesium: 32.07mg (8.02%), Vitamin D: 1.2µg (7.97%), Manganese: 0.12mg (5.83%), Copper: 0.11mg (5.35%), Fiber: 1.02g (4.06%), Iron: 0.68mg (3.8%)