



Jalapeno Popper Spread

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



895 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 16 ounce cream cheese softened
- 4 ounce to 2 chilies slit green drained chopped canned
- 2 ounces jalapeno diced canned drained
- 1 cup mayonnaise
- 1 cup parmesan cheese grated

Equipment

- bowl
- microwave

Directions

- Stir together cream cheese and mayonnaise in a large bowl until smooth. Stir in green chiles and jalapeno peppers.
- Pour mixture into a microwave safe serving dish, and sprinkle with Parmesan cheese.
- Microwave on High until hot, about 3 minutes.

Nutrition Facts

PROTEIN 6.67% **FAT 87.79%** **CARBS 5.54%**

Properties

Glycemic Index:27.25, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:15.888695566551%

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: 894.71kcal (44.74%), Fat: 87.95g (135.31%), Saturated Fat: 33.35g (208.42%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.16g (4.06%), Sugar: 6.13g (6.81%), Cholesterol: 159.8mg (53.27%), Sodium: 1244mg (54.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Vitamin K: 96.71µg (92.1%), Vitamin A: 1928.39IU (38.57%), Calcium: 337.18mg (33.72%), Phosphorus: 295.28mg (29.53%), Selenium: 19.85µg (28.35%), Vitamin C: 20.21mg (24.5%), Vitamin E: 3.45mg (22.98%), Vitamin B2: 0.37mg (21.63%), Zinc: 1.75mg (11.69%), Vitamin B12: 0.65µg (10.9%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.15mg (7.38%), Potassium: 242.04mg (6.92%), Magnesium: 21.64mg (5.41%), Fiber: 1.33g (5.33%), Folate: 18.33µg (4.58%), Vitamin B1: 0.04mg (2.94%), Manganese: 0.05mg (2.57%), Copper: 0.05mg (2.38%), Iron: 0.39mg (2.17%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.3mg (1.52%)