



Jalepeno Cheese Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 ounce olives black drained sliced canned
- 3 cloves garlic diced
- 1 teaspoon garlic salt
- 2 jalapeño peppers fresh diced
- 1 cup mayonnaise
- 1 pound mozzarella cheese shredded

Equipment

- bowl

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a bowl, mix the cheese, mayonnaise, garlic, olives, and 1 jalapeno.
- Spread the mixture into an 8x8 inch baking pan. Season with garlic salt, and sprinkle with remaining jalapeno.
- Bake 20 minutes in the preheated oven, or until the edges are golden brown.

Nutrition Facts

PROTEIN 13.89% **FAT 83.65%** **CARBS 2.46%**

Properties

Glycemic Index:11.58, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.8395651967629%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 249.83kcal (12.49%), Fat: 23.24g (35.75%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.63g (0.7%), Cholesterol: 37.7mg (12.57%), Sodium: 632.45mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Vitamin K: 31.81µg (30.3%), Calcium: 196.9mg (19.69%), Vitamin B12: 0.88µg (14.74%), Phosphorus: 139.7mg (13.97%), Selenium: 7.02µg (10.03%), Zinc: 1.15mg (7.64%), Vitamin B2: 0.11mg (6.67%), Vitamin E: 0.97mg (6.47%), Vitamin A: 313.77IU (6.28%), Vitamin C: 3mg (3.64%), Magnesium: 8.87mg (2.22%), Vitamin B6: 0.04mg (1.81%), Manganese: 0.03mg (1.4%), Iron: 0.25mg (1.4%), Vitamin D: 0.19µg (1.26%), Potassium: 43.53mg (1.24%), Vitamin B1: 0.02mg (1.12%), Folate: 4.39µg (1.1%), Fiber: 0.26g (1.03%)