



Lil Sis' Jalapeno Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch cilantro leaves
- 12 ounce pickled jalapeño pepper
- 1 ounce ranch dressing mix hidden valley ranch® (such as)
- 24 ounce cup heavy whipping cream sour

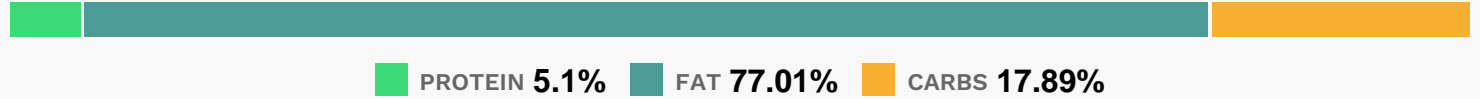
Equipment

- food processor
- bowl

Directions

- Stir the sour cream and ranch dressing mix together in a bowl.
- Pulse the jalapenos and cilantro together in a food processor until finely chopped; fold into the sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:19.137391473936%

Flavonoids

Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 508.83kcal (25.44%), Fat: 44.43g (68.36%), Saturated Fat: 23.01g (143.82%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 19.97g (7.26%), Sugar: 12.43g (13.81%), Cholesterol: 133.81mg (44.6%), Sodium: 783.67mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin C: 137.25mg (166.37%), Vitamin A: 2815.32IU (56.31%), Vitamin E: 4.99mg (33.25%), Vitamin K: 32.65µg (31.09%), Vitamin B6: 0.57mg (28.6%), Vitamin B2: 0.46mg (27.34%), Calcium: 244.46mg (24.45%), Phosphorus: 203.13mg (20.31%), Potassium: 578.62mg (16.53%), Fiber: 3.25g (13%), Selenium: 8.87µg (12.67%), Folate: 45.88µg (11.47%), Vitamin B5: 1.13mg (11.34%), Magnesium: 40.38mg (10.1%), Vitamin B3: 1.69mg (8.46%), Vitamin B12: 0.48µg (7.94%), Manganese: 0.15mg (7.32%), Vitamin B1: 0.09mg (6.17%), Zinc: 0.92mg (6.14%), Copper: 0.1mg (4.95%), Iron: 0.49mg (2.72%)