



Lime-Cilantro Ranch Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 oz ranch dressing mix
- ☐ 1.5 cups cup heavy whipping cream light sour
- ☐ 5 servings quesadillas
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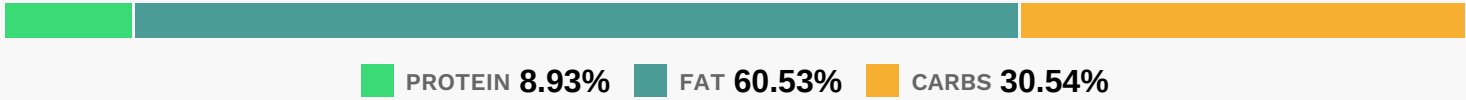
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients. Cover and chill 30 minutes.
- ☐ Serve with quesadillas, tacos, or chili.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.2304347628809%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 7.32g (11.26%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.2g (0.23%), Cholesterol: 24.15mg (8.05%), Sodium: 482.61mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Calcium: 97.76mg (9.78%), Phosphorus: 49.45mg (4.94%), Vitamin B2: 0.08mg (4.9%), Vitamin B12: 0.29µg (4.83%), Vitamin A: 233.22IU (4.66%), Potassium: 150.21mg (4.29%), Selenium: 2.14µg (3.06%), Zinc: 0.35mg (2.32%), Folate: 7.94µg (1.98%), Vitamin B1: 0.03mg (1.89%), Vitamin C: 1.54mg (1.87%), Magnesium: 7.16mg (1.79%), Vitamin E: 0.22mg (1.44%)