



Smokey Jalapeno Cheese Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



30

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup jalapeño peppers diced canned drained (reserve juice)
- ☐ 0.3 teaspoon liquid smoke flavoring
- ☐ 1 cup mayonnaise
- ☐ 3 cups cheddar cheese shredded

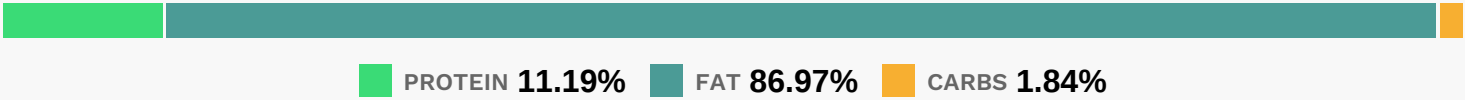
Equipment

- ☐ bowl

Directions

- ☐
- Place the Cheddar cheese into a bowl. In a separate bowl, combine the mayonnaise with the jalapeno peppers, 2 tablespoons of the liquid from the diced jalapenos, smoke flavoring, garlic powder, and cayenne pepper.
- ☐
- Mix until thoroughly blended. Stir into the Cheddar cheese, turn into a serving dish, and serve.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.1595651986806%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 97.48kcal (4.87%), Fat: 9.43g (14.51%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.11g (0.13%), Cholesterol: 14.44mg (4.81%), Sodium: 121.5mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin K: 12.59µg (11.99%), Calcium: 80.68mg (8.07%), Phosphorus: 53.98mg (5.4%), Selenium: 3.4µg (4.85%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.43mg (2.87%), Vitamin A: 133.1IU (2.66%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.13µg (2.15%), Vitamin C: 0.9mg (1.1%)