



Smoky Ranch Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon adobo sauce from can
- ☐ 2 teaspoons chipotle peppers in adobo sauce finely chopped
- ☐ 5 servings potato chips raw assorted
- ☐ 1 oz ranch dressing mix
- ☐ 1.5 cups cup heavy whipping cream light sour

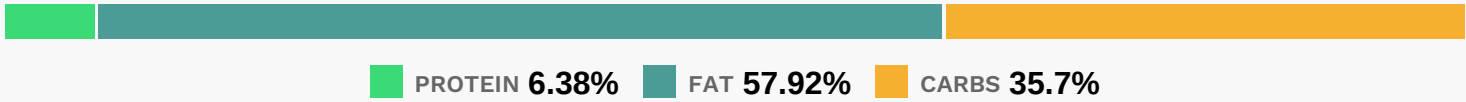
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients. Cover and chill 30 minutes.
- ☐ Serve with chips or assorted raw vegetables.
- ☐ Barbecue Ranch Dip: Omit chipotle peppers and adobo sauce. Stir in 2 Tbsp. barbecue sauce.
- ☐ Serve with roasted red new potatoes.
- ☐ Lime-Cilantro Ranch Dip: Omit chipotle peppers and adobo sauce. Stir in 1 Tbsp. fresh lime juice and 1 Tbsp. chopped cilantro.
- ☐ Serve with quesadillas, tacos, or chili.
- ☐ Lemon-Parsley Ranch Dip: Omit chipotle peppers and adobo sauce. Stir in 1 Tbsp. fresh lemon juice and 1 Tbsp. chopped fresh parsley.
- ☐ Serve with steamed asparagus.
- ☐ Horseradish Ranch
- ☐ Spread: Omit chipotle peppers and adobo sauce. Stir in 2 tsp. prepared horseradish.
- ☐ Spread on dinner rolls, and top with thinly sliced deli roast beef.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.8426086669383%

Nutrients (% of daily need)

Calories: 262.61kcal (13.13%), Fat: 17.04g (26.22%), Saturated Fat: 5.54g (34.59%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 22.55g (8.2%), Sugar: 0.4g (0.44%), Cholesterol: 24.15mg (8.05%), Sodium: 801.61mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin E: 3.15mg (20.97%), Potassium: 484.15mg (13.83%), Vitamin B5: 1.22mg (12.17%), Calcium: 104.4mg (10.44%), Manganese: 0.19mg (9.3%), Phosphorus: 92.21mg (9.22%), Vitamin C: 6.73mg (8.15%), Vitamin B6: 0.16mg (8.12%), Vitamin B3: 1.39mg (6.93%), Vitamin B2: 0.11mg (6.34%), Vitamin K: 6.61µg (6.3%), Magnesium: 24.77mg (6.19%), Vitamin B1: 0.09mg (5.84%), Vitamin B12: 0.29µg (4.83%), Vitamin A: 228.61IU (4.57%), Zinc: 0.65mg (4.35%), Fiber: 1.08g (4.32%), Selenium: 2.87µg (4.1%), Folate: 15.8µg (3.95%), Copper: 0.08mg (3.84%), Iron: 0.49mg (2.7%)