



Zesty Chipotle Lime Dip

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



3

CALORIES



864 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chipotle pepper powder
- ☐ 4 teaspoons garlic powder
- ☐ 0.3 cup juice of lime
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour

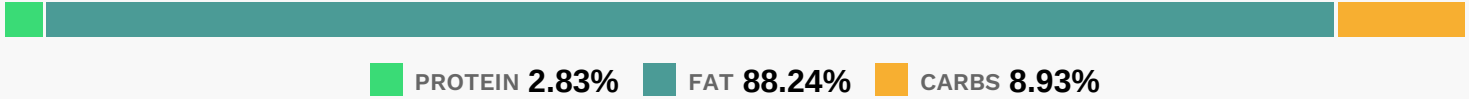
Equipment

- ☐ bowl

Directions

☐ Stir together the sour cream, mayonnaise, chipotle powder, garlic powder, salt, and lime juice in a non-reactive (glass) bowl. Cover and refrigerate 2 hours to overnight. Stir in additional chipotle powder to taste before serving if desired.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:12.458695722663%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 863.73kcal (43.19%), Fat: 86.07g (132.41%), Saturated Fat: 24.38g (152.35%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 16.31g (5.93%), Sugar: 10.29g (11.43%), Cholesterol: 121.83mg (40.61%), Sodium: 1308.24mg (56.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin K: 124.18µg (118.27%), Vitamin E: 3.12mg (20.78%), Vitamin A: 1017.24IU (20.34%), Calcium: 168.24mg (16.82%), Vitamin B2: 0.28mg (16.56%), Phosphorus: 152.54mg (15.25%), Fiber: 3.28g (13.14%), Selenium: 8.38µg (11.97%), Vitamin C: 9.49mg (11.51%), Potassium: 285.94mg (8.17%), Vitamin B6: 0.15mg (7.26%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.41µg (6.86%), Magnesium: 21.33mg (5.33%), Zinc: 0.76mg (5.07%), Folate: 17.5µg (4.38%), Vitamin B1: 0.06mg (4.15%), Copper: 0.07mg (3.55%), Manganese: 0.07mg (3.4%), Iron: 0.52mg (2.89%), Vitamin B3: 0.21mg (1.06%)