



Healthdor

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Chipotle Ranch Dressing ♦

Chipotle Ranch Dressing is a spicy and creamy dressing that is perfect for salads, sandwiches, and dipping sauces. It combines the smoky heat of chipotle peppers with the cool and tangy flavors of ranch dressing. This dressing is versatile and can be used in a variety of dishes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

1 c	mayonnaise
1 c	sour cream
1 c	buttermilk
1 tsp	Garlic powder
1 tsp	Onion powder

1 tsp	Dried Dill
1 tsp	Dried Parsley
1 tsp	Dried Chives
2 tbsp	chipotle peppers in adobo sauce
2 tbsp	Lime juice
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Mixing

In a bowl, combine mayonnaise, sour cream, buttermilk, garlic powder, onion powder, dried dill, dried parsley, dried chives, chipotle peppers in adobo sauce, lime juice, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whisk until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 90 kcal

Fat: 8 g

Protein: 1 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	0 mg	0%	0%
Potassium	30 mg	0.88%	1.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Mexican

Italian

Middle Eastern

Course

Sauces & Dressings

Salads

Soups

Side Dishes

Events

Picnic

Christmas

Barbecue

Kitchen Tools

Slow Cooker

Blender

Mixer

Nutritional Content

Low Calorie

High Vitamin C

High Iron

High Calcium

Diet

Anti-Inflammatory Diet

Seasonality

Spring

Summer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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