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Jalapeno Popper Dip ♦

A creamy and spicy dip inspired by the popular appetizer. Perfect for parties and game nights.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

| | |
|-------|----------------|
| 200 g | Jalapenos |
| 250 g | cream cheese |
| 100 g | mayonnaise |
| 150 g | Cheddar Cheese |
| 50 g | breadcrumbs |
| 5 g | Garlic powder |

| | |
|-----|--------------|
| 5 g | Onion powder |
| 5 g | Salt |
| 2 g | Pepper |

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine cream cheese, mayonnaise, cheddar cheese, garlic powder, onion powder, salt, and pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Remove the seeds from the jalapenos and finely chop them. Add the chopped jalapenos to the cream cheese mixture and stir well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Transfer the mixture to a baking dish and sprinkle breadcrumbs on top.

Prep Time: 5 mins

Cook Time: 25 mins

Step 5

Oven

Bake in the preheated oven for 25 minutes or until the top is golden and bubbly.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Resting

Remove from the oven and let it cool for a few minutes. Serve warm with tortilla chips or crackers.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 8 g | 47.06% | 47.06% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 5 g | 9.09% | 10% |
| Fibers | 1 g | 2.63% | 4% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 10 g | 45.45% | 58.82% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 30 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 150 mg | 4.41% | 5.77% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Events

Picnic

Course

Appetizers

Side Dishes

Snacks

Cultural

Chinese New Year

Diet

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

The Beverly Hills Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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