

Chuy's Jalapeno Ranch Dip

Heritage Farm

8 ounces mayonnaise
 24 ounces sour cream
 1 cup buttermilk
 1 cup tomatillo salsa
 1 handful cilantro
 3 packets ranch dressing mix
 1/2 cup pickled jalapenos

In a blender, combine all of the ingredients.

Process until smooth.

Per Serving (excluding unknown items): 3228 Calories; 340g Fat (91.0% calories from fat); 32g Protein; 44g Carbohydrate; trace Dietary Fiber; 390mg Cholesterol; 2873mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Non-Fat Milk; 45 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3228	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	91.0%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	340g	Folacin (mcg):	103mcg
Saturated Fat (g):	117g	Niacin (mg):	1mg
Monounsaturated Fat (g):	93g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	99g	Alcohol (kcal):	0
Cholesterol (mg):	390mg	% Refused:	0 0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	32g	Grain (Starch):	0
Sodium (mg):	2873mg	Lean Meat:	0
Potassium (mg):	1508mg	Vegetable:	0
Calcium (mg):	1141mg	Fruit:	0
Iron (mg):	2mg	Non-Fat Milk:	3
Zinc (mg):	3mg	Fat:	45 1/2
Vitamin C (mg):	18mg	Other Carbohydrates:	0

Vitamin A (i.u.): 6440IU
Vitamin A (r.e.): 1794RE

Nutrition Facts

Amount Per Serving

Calories 3228 **Calories from Fat:** 2936

% Daily Values*

Total Fat	340g	524%
Saturated Fat	117g	584%
Cholesterol	390mg	130%
Sodium	2873mg	120%
Total Carbohydrates	44g	15%
Dietary Fiber	trace	1%
Protein	32g	
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Vitamin A		129%
Vitamin C		31%
Calcium		114%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.