

# Jalapeno Popper Dip

*French's Mustard*

## Yield: 3 cups

*1 package (8 ounce) cream cheese, softened*

*1 cup mayonnaise*

*1 cup Mexican blend or Cheddar cheese, shredded*

*1/4 cup classic yellow or spicy brown mustard*

*1 can (4 ounce) diced jalapenos (drained) or two jalapeno peppers seeded and diced*

*2 tablespoons Panko bread crumbs (optional), toasted*

## Preparation Time: 10 minutes

In a medium bowl, combine the cream cheese, mayonnaise, cheese, mustard and jalapeno peppers.

Sprinkle the bread crumbs over the dip just before serving.

Serve with tortilla chips.

---

Per Serving (excluding unknown items): 2387 Calories; 268g Fat (95.8% calories from fat); 20g Protein; 6g Carbohydrate; 0g Dietary Fiber; 332mg Cholesterol; 1936mg Sodium. Exchanges: 2 1/2 Lean Meat; 30 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2387	<b>Vitamin B6 (mg):</b>	1.4mg
<b>% Calories from Fat:</b>	95.8%	<b>Vitamin B12 (mcg):</b>	1.5mcg
<b>% Calories from Carbohydrates:</b>	1.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.2%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	268g	<b>Folacin (mcg):</b>	48mcg
<b>Saturated Fat (g):</b>	77g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	73g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	94g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	332mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	6g		
<b>Dietary Fiber (g):</b>	0g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	20g	<b>Grain (Starch):</b>	0
		<b>Lean Meat:</b>	2 1/2

**Sodium (mg):** 1936mg  
**Potassium (mg):** 352mg  
**Calcium (mg):** 225mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 3927IU  
**Vitamin A (r.e.):** 1121RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 30 1/2  
**Other Carbohydrates:** 0

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 2387                      **Calories from Fat:** 2288

---

### % Daily Values\*

<b>Total Fat</b> 268g	412%
Saturated Fat 77g	385%
<b>Cholesterol</b> 332mg	111%
<b>Sodium</b> 1936mg	81%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 0g	0%
<b>Protein</b> 20g	
<hr/>	
<b>Vitamin A</b>	79%
<b>Vitamin C</b>	0%
<b>Calcium</b>	22%
<b>Iron</b>	22%

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