

# Chipotle Basil Dip

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## Yield: 1 1/4 cups

2 chipotle chiles in adobo, seeded

1 cup basil leaves

1 cup Sour Cream Dip Base (see recipe under Appetizers/Dips)

Combine the chipotle chiles, basil leaves and Sour Cream Dip Base in a mini chopper or blender.

Puree' until smooth.

Start to Finish Time: 5 minutes

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Per Serving (excluding unknown items): 4 Calories; 0g Fat (0.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: .

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	33.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	11mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	79mg	Fruit:	0
Calcium (mg):	26mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0

Vitamin C (mg): 3mg  
Vitamin A (i.u.): 658IU  
Vitamin A (r.e.): 65 1/2RE

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## **Nutrition Facts**

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**Amount Per Serving**

**Calories** 4 Calories from Fat: 0

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**% Daily Values\***

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<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> trace	
<b>Vitamin A</b>	13%
<b>Vitamin C</b>	5%
<b>Calcium</b>	3%
<b>Iron</b>	2%

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