

# Healthy Mexican Ranch Dip

Yield: 12 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-ranch-dip-recipe>

## Ingredients:

- 16 ounces fat free cream cheese
- 1 cup canned corn
- 2 jalapenos chopped, deseeded
- 1 red pepper chopped
- 1/4 cup olives chopped
- 1 package seasoning mix Hidden Valley Ranch dip
- 1 dash salt and pepper
- 1/2 teaspoon garlic salt
- vegetables
- vegetables
- crackers
- crackers
- pretzels

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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