



Baked Tex-Mex Red Pepper Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 green onions finely chopped
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 8 oz pepper jack cheese shredded
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 cup roasted bell peppers red chopped

- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 8 oz cheddar cheese shredded extra-sharp
- ☐ 1 teaspoon worcestershire sauce

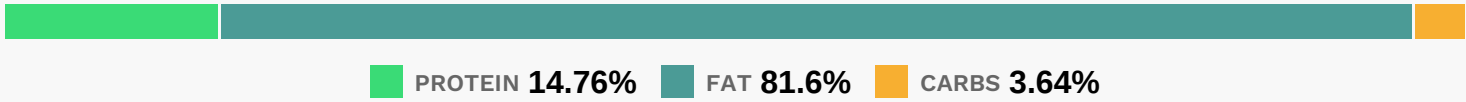
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Stir together Cheddar cheese, pepper Jack cheese, cream cheese, roasted red bell peppers, mayonnaise, cilantro, green onions, jalapeo peppers, Worcestershire sauce, dried crushed red pepper, and salt and freshly ground black pepper to taste. Lightly grease a 2-qt. baking dish with cooking spray; spread cheese mixture in prepared dish.
- ☐ Bake 20 to 25 minutes or until thoroughly heated and bubbly.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:11.199130618054%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 421.81kcal (21.09%), Fat: 38.53g (59.28%), Saturated Fat: 18.24g (113.98%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.42g (1.25%), Sugar: 1.72g (1.91%), Cholesterol: 88.09mg (29.36%), Sodium: 725.03mg (31.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.36%), Calcium: 451.48mg (45.15%), Vitamin K: 37.07µg (35.31%), Phosphorus: 295.3mg (29.53%), Vitamin A: 1107.41IU (22.15%), Selenium: 15µg (21.43%), Vitamin B2: 0.32mg (18.6%), Zinc: 2.11mg (14.06%), Vitamin C: 11.38mg (13.79%), Vitamin B12: 0.62µg (10.25%), Vitamin E: 1.18mg (7.88%), Magnesium: 21.4mg (5.35%), Folate: 20.74µg (5.19%), Vitamin B6: 0.1mg (5.12%), Potassium: 137.3mg

(3.92%), Vitamin B5: 0.39mg (3.87%), Iron: 0.56mg (3.12%), Manganese: 0.06mg (2.92%), Copper: 0.05mg (2.68%),
Vitamin D: 0.37µg (2.45%), Vitamin B1: 0.03mg (1.92%), Fiber: 0.44g (1.75%), Vitamin B3: 0.23mg (1.14%)