



Bubbling Cauldron Cheese Dip with Bat Wing Dippers

 Gluten Free

READY IN



10 min.

SERVINGS



14

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 loaf cheese cut into cubes (16 oz. box)
- 8 oz approx cream cheese spread reduced-fat
- 1 large clove garlic finely chopped
- 0.5 cup milk
- 4 oz sharp cheddar cheese shredded
- 12 oz tortilla chips blue (from two 9-oz bags)

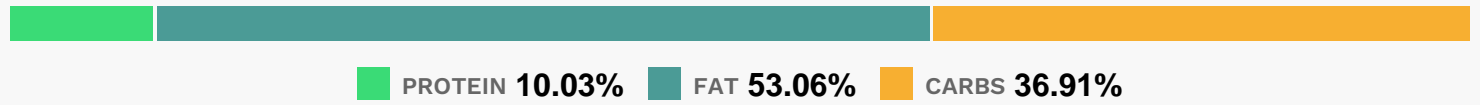
Equipment

- bowl
- microwave

Directions

- In 1 1/2-quart microwavable bowl, mix all ingredients except tortilla chips. Microwave uncovered on High 5 to 8 minutes, stirring every 3 minutes, until cheese is melted and dip is smooth.
- Serve warm with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:3.5947825934576%

Nutrients (% of daily need)

Calories: 193.76kcal (9.69%), Fat: 11.6g (17.84%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.84g (6.12%), Sugar: 1.14g (1.27%), Cholesterol: 19.26mg (6.42%), Sodium: 211.66mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Calcium: 114.07mg (11.41%), Phosphorus: 101.23mg (10.12%), Vitamin E: 0.92mg (6.16%), Magnesium: 23.72mg (5.93%), Fiber: 1.32g (5.27%), Selenium: 3.58µg (5.11%), Vitamin K: 5.3µg (5.05%), Vitamin A: 250.64IU (5.01%), Zinc: 0.67mg (4.49%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.36mg (3.55%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.78%), Vitamin B12: 0.13µg (2.23%), Iron: 0.39mg (2.14%), Potassium: 64.45mg (1.84%), Copper: 0.03mg (1.35%), Folate: 4.64µg (1.16%), Vitamin B3: 0.22mg (1.09%)