



Campbell's Kitchen Cheesy Nacho Dip

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce condensed cream of cheddar cheese soup canned
- 6 servings spring onion sliced
- 6 servings olives pitted ripe sliced
- 6 servings bell pepper green red chopped
- 0.5 cup salsa pace®
- 6 servings tomatoes chopped
- 9 ounce tortilla chips

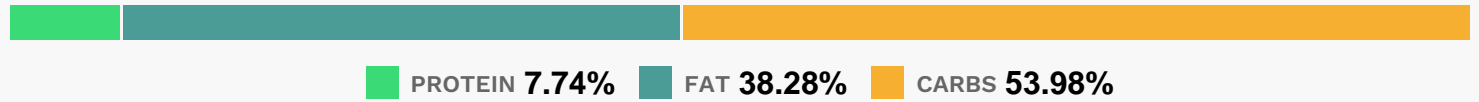
Equipment

- bowl
- sauce pan

Directions

- Heat the soup and salsa in a 1-quart saucepan over medium heat until the mixture is hot and bubbling.
- Pour the mixture into a serving bowl.
- Top with the tomato, onion, olives and pepper.
- Serve with the tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:17.732608618944%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 323.36kcal (16.17%), Fat: 14.42g (22.19%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 38.69g (14.07%), Sugar: 8.38g (9.32%), Cholesterol: 2.03mg (0.68%), Sodium: 871.51mg (37.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin C: 74.04mg (89.74%), Vitamin A: 2167.94IU (43.36%), Vitamin K: 41.12µg (39.16%), Fiber: 7.08g (28.32%), Potassium: 918.56mg (26.24%), Vitamin E: 3.75mg (25.02%), Vitamin B6: 0.4mg (20.07%), Magnesium: 68.12mg (17.03%), Phosphorus: 160.73mg (16.07%), Manganese: 0.31mg (15.59%), Vitamin B1: 0.18mg (11.68%), Copper: 0.23mg (11.49%), Folate: 43.36µg (10.84%), Calcium: 106.07mg (10.61%), Vitamin B3: 2.03mg (10.16%), Iron: 1.61mg (8.96%), Vitamin B5: 0.78mg (7.76%), Zinc: 1.04mg (6.97%), Vitamin B2: 0.09mg (5.52%), Selenium: 2.28µg (3.26%)