

Cheesy Chili Dip II

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



591 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce chili canned
- 8 ounce cream cheese cubed
- 4 servings garlic powder to taste
- 4 servings ground pepper black to taste
- 16 ounce mozzarella cheese shredded

Equipment

- baking pan
- broiler

microwave

Directions

Preheat the broiler.

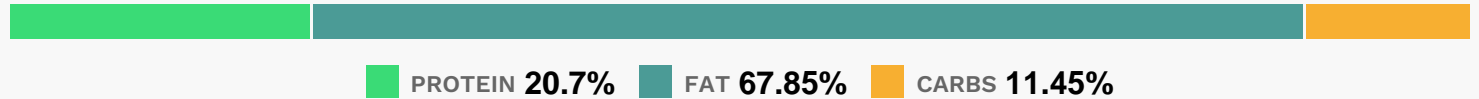
In a shallow, medium baking dish, spread the chili and mix in cream cheese. Microwave on high 1 minute, or until cheese is melted and creamy.

Stir in 1/2 the mozzarella cheese, garlic powder and pepper. Microwave on high 1 minute, or until melted.

Top the mixture with remaining mozzarella cheese.

Broil 5 minutes, or until cheese is bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:5.12, Inflammation Score:-9, Nutrition Score:24.986086928326%

Nutrients (% of daily need)

Calories: 591.35kcal (29.57%), Fat: 45.34g (69.76%), Saturated Fat: 26.42g (165.13%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.34g (5.58%), Sugar: 9.01g (10.01%), Cholesterol: 146.85mg (48.95%), Sodium: 900.43mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Vitamin C: 152.8mg (185.22%), Calcium: 645.35mg (64.54%), Phosphorus: 520.39mg (52.04%), Vitamin A: 2540.66IU (50.81%), Vitamin B12: 2.71µg (45.17%), Selenium: 25.41µg (36.3%), Vitamin B6: 0.66mg (33.08%), Vitamin B2: 0.55mg (32.19%), Zinc: 3.96mg (26.41%), Vitamin K: 18.86µg (17.96%), Potassium: 540.46mg (15.44%), Manganese: 0.28mg (14.06%), Magnesium: 54.72mg (13.68%), Iron: 1.84mg (10.2%), Folate: 38.92µg (9.73%), Vitamin E: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.12%), Copper: 0.18mg (8.86%), Vitamin B3: 1.52mg (7.59%), Fiber: 1.89g (7.56%), Vitamin B5: 0.72mg (7.2%), Vitamin D: 0.45µg (3.02%)