



Chicken Enchilada Dip

 Gluten Free

READY IN



75 min.

SERVINGS



30

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 4 ounce chilis diced green canned
- 1 jalapeno diced finely
- 8 ounce mayonnaise
- 8 ounce cheddar cheese shredded
- 1 pound chicken breast halves boneless skinless

Equipment

- bowl

- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breast halves on a medium baking sheet.
- Bake in the preheated oven 20 minutes, or until no longer pink.
- Remove from heat, cool and shred.
- Place shredded chicken in a medium bowl, and mix in cream cheese, mayonnaise, Cheddar cheese, green chile peppers and jalapeno pepper.
- Transfer the chicken mixture to a medium baking dish.
- Bake uncovered in the preheated oven 30 minutes, or until the edges are golden brown.

Nutrition Facts

■ PROTEIN **17.5%** ■ FAT **79.82%** ■ CARBS **2.68%**

Properties

Glycemic Index:4.53, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.5621739036363%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 126.88kcal (6.34%), Fat: 11.23g (17.28%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.37g (0.41%), Cholesterol: 28.05mg (9.35%), Sodium: 153.74mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin K: 12.78µg (12.17%), Selenium: 7.82µg (11.16%), Vitamin B3: 1.62mg (8.09%), Phosphorus: 76.59mg (7.66%), Vitamin B6: 0.13mg (6.49%), Calcium: 63.56mg (6.36%), Vitamin B2: 0.07mg (4.04%), Vitamin A: 196.52IU (3.93%), Vitamin B5: 0.31mg (3.07%), Zinc: 0.42mg (2.79%), Vitamin E: 0.42mg (2.77%), Vitamin C: 2.03mg (2.46%), Vitamin B12: 0.14µg (2.27%), Potassium: 78.68mg (2.25%), Magnesium: 6.95mg (1.74%), Folate: 5.42µg (1.35%)