



Chicken Fiesta Chili Dip

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 15 oz chili with beans canned
- 2 cloves garlic minced
- 0.5 cup pasilla peppers green chopped
- 1 tsp pepper sauce hot
- 16 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl
- microwave

Directions

- Mix ingredients in 2-qt. microwaveable bowl.
- Microwave on HIGH 6 to 8 min. or until VELVEETA is completely melted and mixture is blended, stirring every 3 min.
- Serve hot with tortilla chips, crackers or assorted cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.4834782513587%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 52.09kcal (2.6%), Fat: 1.97g (3.04%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.46g (0.52%), Cholesterol: 14.46mg (4.82%), Sodium: 165.05mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin B3: 1.68mg (8.42%), Phosphorus: 71.15mg (7.12%), Iron: 1.12mg (6.2%), Vitamin B6: 0.12mg (6.1%), Vitamin C: 4.84mg (5.87%), Fiber: 1.34g (5.36%), Vitamin B5: 0.52mg (5.2%), Selenium: 3.56µg (5.08%), Zinc: 0.69mg (4.61%), Magnesium: 16.66mg (4.16%), Potassium: 143.26mg (4.09%), Manganese: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.63%), Vitamin A: 116.85IU (2.34%), Copper: 0.04mg (2.16%), Folate: 7.5µg (1.88%), Vitamin B1: 0.03mg (1.69%), Calcium: 16.27mg (1.63%), Vitamin E: 0.2mg (1.31%)