



## Chicken Fiesta Dip

 Gluten Free

READY IN



40 min.

SERVINGS



32

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup olives black sliced
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 1 cup knudsen cream light sour
- 4 green onions sliced
- 4 oz philadelphia neufchatel cheese softened ()
- 1 cup milk four cheese shredded 2% mexican style divided kraft finely
- 1 oz taco bellâ® taco seasoning mix
- 1 small tomatoes chopped

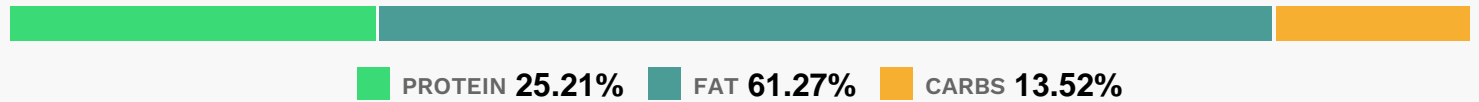
# Equipment

- bowl
- oven

# Directions

- Heat oven to 350F.
- Mix first 3 ingredients in medium bowl. Stir in chicken, 1/2 cup shredded cheese and onions.
- Spoon into 9-inch pie plate sprayed with cooking spray.
- Bake 25 min. or until heated through. Top with remaining shredded cheese, tomatoes and olives.

# Nutrition Facts



# Properties

Glycemic Index:3.88, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.9452173994935%

# Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 3.18g (4.9%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.41g (0.46%), Cholesterol: 14.23mg (4.74%), Sodium: 164.47mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin A: 201.75IU (4.03%), Calcium: 40.09mg (4.01%), Phosphorus: 39.67mg (3.97%), Vitamin B2: 0.07mg (3.83%), Selenium: 2.67µg (3.81%), Vitamin K: 3.53µg (3.36%), Vitamin B3: 0.6mg (3.02%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.14µg (2.32%), Zinc: 0.31mg (2.07%), Potassium: 49.88mg (1.43%), Vitamin C: 1.13mg (1.38%), Vitamin B5: 0.13mg (1.33%), Iron: 0.21mg (1.19%), Vitamin B1: 0.02mg (1.14%), Folate: 4.53µg (1.13%), Fiber: 0.27g (1.1%), Magnesium: 4.07mg (1.02%)