



## Chile Con Queso Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 ounce canned tomatoes diced green undrained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 teaspoon chili powder
- 8 ounce block cream cheese fat-free softened
- 2 garlic cloves minced
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 6 ounces processed cheese light cubed (such as Velveeta )

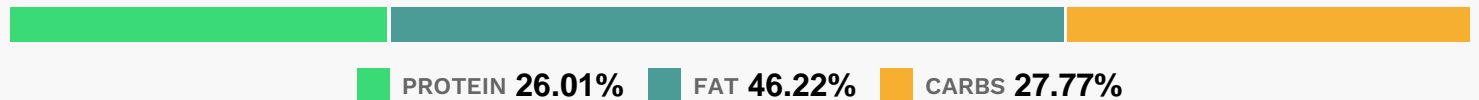
## Equipment

- bowl
- sauce pan
- colander

## Directions

- Drain tomatoes and tomatoes with chiles in a colander over a bowl, reserving 1/3 cup liquid; set tomatoes and reserved liquid aside.
- Heat oil in a medium saucepan over medium heat.
- Add onion and garlic; saut 4 minutes.
- Add cream cheese; cook until cheese melts, stirring constantly.
- Add tomatoes, reserved liquid, and chili powder; bring to a boil.
- Add processed cheese; reduce heat and simmer 3 minutes or until cheese melts, stirring constantly.
- Garnish with cilantro, if desired.
- Serve warm with baked tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:2.27, Inflammation Score:-5, Nutrition Score:9.8939130254414%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 146.67kcal (7.33%), Fat: 7.84g (12.05%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.3g (7%), Cholesterol: 24.66mg (8.22%), Sodium: 673.54mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Calcium: 355.7mg (35.57%), Phosphorus:

317.14mg (31.71%), Potassium: 383.75mg (10.96%), Vitamin C: 8.96mg (10.86%), Vitamin B2: 0.18mg (10.35%), Manganese: 0.2mg (10.11%), Vitamin B12: 0.59µg (9.8%), Vitamin E: 1.43mg (9.54%), Vitamin A: 477.01IU (9.54%), Copper: 0.19mg (9.38%), Selenium: 6.41µg (9.16%), Vitamin B6: 0.18mg (9.12%), Zinc: 1.23mg (8.17%), Iron: 1.4mg (7.76%), Fiber: 1.92g (7.69%), Magnesium: 30.69mg (7.67%), Folate: 24.9µg (6.23%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.58mg (5.84%), Vitamin B1: 0.09mg (5.76%), Vitamin K: 5.83µg (5.55%)