



## Chili Bean Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



3

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 15 ounce chili with beans canned
- ☐ 8 ounce cream cheese with chives
- ☐ 0.5 cup cheddar cheese shredded

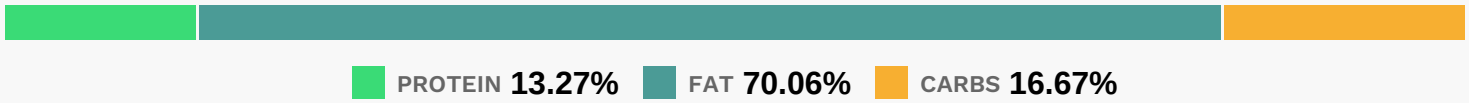
## Equipment

- ☐ sauce pan

## Directions

In a medium saucepan over medium low heat, mix together chili with beans, cream cheese, cream cheese with chives and Cheddar cheese. Stirring often, heat until melted and well blended, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:15.626087053962%

## Nutrients (% of daily need)

Calories: 500.19kcal (25.01%), Fat: 40.19g (61.83%), Saturated Fat: 22.22g (138.88%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 15.28g (5.56%), Sugar: 4.59g (5.1%), Cholesterol: 119.29mg (39.76%), Sodium: 1100.47mg (47.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Phosphorus: 385.44mg (38.54%), Vitamin A: 1681.69IU (33.63%), Iron: 4.98mg (27.64%), Calcium: 273.1mg (27.31%), Zinc: 3.9mg (26.03%), Vitamin B5: 2.52mg (25.22%), Fiber: 6.24g (24.95%), Vitamin B2: 0.41mg (23.87%), Selenium: 13.67µg (19.53%), Magnesium: 75.68mg (18.92%), Potassium: 631.67mg (18.05%), Vitamin B6: 0.24mg (12.12%), Folate: 43.36µg (10.84%), Vitamin E: 1.53mg (10.19%), Manganese: 0.2mg (10.01%), Copper: 0.19mg (9.28%), Vitamin B12: 0.37µg (6.1%), Vitamin B1: 0.09mg (6.06%), Vitamin K: 4.73µg (4.51%), Vitamin B3: 0.59mg (2.93%), Vitamin C: 2.41mg (2.92%)