



Chili Bean Dip

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



765 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

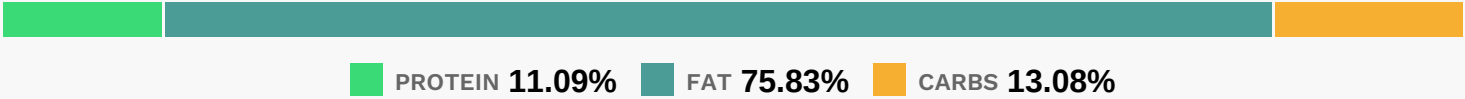
Equipment

- ☐ 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:27, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:19.195652111717%

Nutrients (% of daily need)

Calories: 764.79kcal (38.24%), Fat: 66.2g (101.84%), Saturated Fat: 37.49g (234.32%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 19.45g (7.07%), Sugar: 7.43g (8.26%), Cholesterol: 195.64mg (65.21%), Sodium: 1337.85mg (58.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin A: 2696.98IU (53.94%), Phosphorus: 466.33mg (46.63%), Calcium: 346.43mg (34.64%), Vitamin B2: 0.58mg (34.1%), Vitamin B5: 2.95mg (29.52%), Selenium: 20.18µg (28.82%), Zinc: 4.28mg (28.55%), Iron: 5.06mg (28.1%), Fiber: 6.24g (24.95%), Potassium: 731.46mg (20.9%), Magnesium: 82.48mg (20.62%), Vitamin E: 2.18mg (14.52%), Vitamin B6: 0.28mg (14.24%), Folate: 50.16µg (12.54%), Manganese: 0.21mg (10.42%), Copper: 0.2mg (9.96%), Vitamin B12: 0.53µg (8.87%), Vitamin B1: 0.11mg (7.22%), Vitamin K: 6.32µg (6.02%), Vitamin B3: 0.65mg (3.27%), Vitamin C: 2.41mg (2.92%)