



Chili-Cheddar Beer Dip

READY IN



15 min.

SERVINGS



15

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black sliced
- 15 oz chili with beans, heated canned
- 4 green onions sliced
- 1 cup iceberg lettuce shredded
- 0.3 cup beer light
- 15 servings multi-grain chips toasted
- 8 oz philadelphia neufchatel cheese softened
- 1.5 cups milk sharp cheddar cheese shredded 2% kraft
- 1 tomatoes chopped

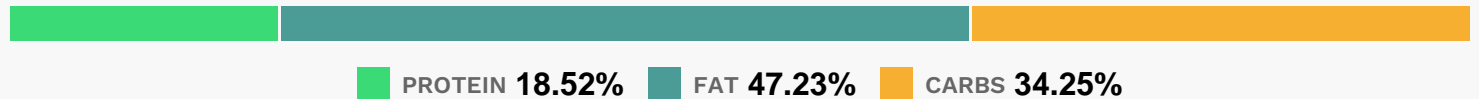
Equipment

blender

Directions

- Beat Neufchatel and beer with mixer until well blended. Stir in cheddar; spread onto large serving plate.
- Place lettuce around edge of Neufchatel mixture; fill center with chili.
- Sprinkle with onions, olives and tomatoes.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:7.62, Inflammation Score:-5, Nutrition Score:9.5226087336955%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 198.45kcal (9.92%), Fat: 10.55g (16.24%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 13.9g (5.06%), Sugar: 2.51g (2.78%), Cholesterol: 27.31mg (9.1%), Sodium: 470.2mg (20.44%), Alcohol: 0.16g (100%), Alcohol %: 0.19% (100%), Protein: 9.31g (18.62%), Manganese: 0.66mg (32.97%), Phosphorus: 180.56mg (18.06%), Calcium: 163.08mg (16.31%), Selenium: 11.33µg (16.19%), Fiber: 3.32g (13.26%), Vitamin K: 11.74µg (11.18%), Zinc: 1.63mg (10.9%), Magnesium: 41.52mg (10.38%), Iron: 1.84mg (10.22%), Vitamin A: 478.75IU (9.58%), Vitamin B1: 0.14mg (9.18%), Vitamin B2: 0.16mg (9.17%), Vitamin B5: 0.74mg (7.45%), Vitamin B3: 1.48mg (7.41%), Folate: 27.89µg (6.97%), Potassium: 243.18mg (6.95%), Vitamin B6: 0.13mg (6.28%), Copper: 0.12mg (5.93%), Vitamin E: 0.69mg (4.57%), Vitamin C: 2.34mg (2.84%), Vitamin B12: 0.17µg (2.77%)