



## Chili Cheese Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 oz chili with beans canned
- 8 oz philadelphia cream cheese softened
- 2 green onions sliced
- 1 cup cheddar cheese shredded kraft
- 1 tomatoes seeded chopped

## Equipment

- oven

## Directions

- Heat oven to 325F.
- Spread cream cheese onto bottom of pie plate; top with chili and cheddar.
- Bake 15 to 18 min. or until dip is heated through and cheddar is melted.
- Top with onions and tomatoes.

## Nutrition Facts

**PROTEIN 14.56%** **FAT 69.46%** **CARBS 15.98%**

## Properties

Glycemic Index:12.4, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:6.2043477892876%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 176.09kcal (8.8%), Fat: 14.01g (21.55%), Saturated Fat: 7.76g (48.47%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.17g (1.88%), Sugar: 1.78g (1.97%), Cholesterol: 41.44mg (13.81%), Sodium: 368.09mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Phosphorus: 145.35mg (14.53%), Vitamin A: 687.51IU (13.75%), Calcium: 124.83mg (12.48%), Zinc: 1.41mg (9.39%), Vitamin B2: 0.15mg (8.88%), Iron: 1.57mg (8.72%), Fiber: 2.08g (8.32%), Selenium: 5.72µg (8.17%), Vitamin B5: 0.79mg (7.93%), Vitamin K: 7.5µg (7.14%), Potassium: 229.63mg (6.56%), Magnesium: 26.06mg (6.52%), Vitamin B6: 0.09mg (4.4%), Folate: 17.58µg (4.39%), Manganese: 0.08mg (3.92%), Vitamin E: 0.58mg (3.87%), Vitamin C: 2.86mg (3.47%), Copper: 0.07mg (3.34%), Vitamin B12: 0.17µg (2.83%), Vitamin B1: 0.03mg (2.32%), Vitamin B3: 0.26mg (1.32%)