



Chili-Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1409 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce cheese english kraft
- 1 tablespoons chipotles in adobo canned minced
- 4 cream cheese
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup cream sour

Equipment

- food processor

Directions

- In a food processor, blend 4 oz. cream cheese, 2 5-oz. jars Kraft Old English cheese, 1/2 cup sour cream and 1 to 2 Tbsp. minced, canned chipotle chili in adobo sauce until smooth. Stir in 1/4 cup chopped fresh cilantro. Cover and chill at least 2 hours before serving.
- Serve with assorted sliced veggies or tortilla chips, if desired.
- Serves

Nutrition Facts

PROTEIN 19.52% **FAT 76.22%** **CARBS 4.26%**

Properties

Glycemic Index:86, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:32.644782698673%

Flavonoids

Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 1409.28kcal (70.46%), Fat: 120.1g (184.76%), Saturated Fat: 66.85g (417.84%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13.5g (4.91%), Sugar: 6.04g (6.71%), Cholesterol: 355.39mg (118.46%), Sodium: 1904.26mg (82.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.19g (138.38%), Calcium: 2127.02mg (212.7%), Phosphorus: 1392.01mg (139.2%), Selenium: 84.86µg (121.23%), Vitamin B2: 1.46mg (85.83%), Vitamin A: 3881.46IU (77.63%), Zinc: 10.82mg (72.16%), Vitamin B12: 3.26µg (54.26%), Magnesium: 89.44mg (22.36%), Vitamin K: 21.01µg (20.01%), Vitamin E: 2.7mg (17.98%), Folate: 69.27µg (17.32%), Vitamin B5: 1.6mg (16.03%), Vitamin B6: 0.25mg (12.55%), Vitamin D: 1.7µg (11.34%), Potassium: 388.16mg (11.09%), Vitamin B1: 0.11mg (7.25%), Fiber: 1.61g (6.45%), Copper: 0.12mg (6.2%), Iron: 0.97mg (5.38%), Manganese: 0.06mg (2.92%), Vitamin C: 2.12mg (2.56%), Vitamin B3: 0.3mg (1.51%)