

## Chili Cheese Dip V

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce chili canned
- 8 ounce cream cheese softened
- 1 cup cheddar cheese shredded

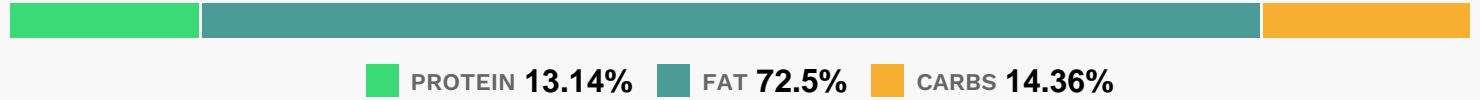
### Equipment

- baking pan
- microwave

## Directions

- In the bottom of a 9 inch, microwave safe round baking dish, spread the cream cheese. Top cream cheese with an even layer of chili.
- Sprinkle Cheddar cheese over the chili.
- Heat in the microwave on high heat 5 minutes, or until the cheese has melted.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:4.53, Inflammation Score:-9, Nutrition Score:16.825652117315%

## Nutrients (% of daily need)

Calories: 356.23kcal (17.81%), Fat: 29.58g (45.5%), Saturated Fat: 16.92g (105.76%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.59g (4.21%), Sugar: 7.86g (8.73%), Cholesterol: 85.52mg (28.51%), Sodium: 372.36mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.11%), Vitamin C: 152.77mg (185.17%), Vitamin A: 2056.61IU (41.13%), Vitamin B6: 0.59mg (29.46%), Calcium: 269.61mg (26.96%), Phosphorus: 235.77mg (23.58%), Vitamin B2: 0.35mg (20.38%), Selenium: 13.4µg (19.15%), Vitamin K: 16.75µg (15.95%), Potassium: 438.92mg (12.54%), Zinc: 1.6mg (10.64%), Manganese: 0.21mg (10.39%), Vitamin E: 1.43mg (9.55%), Magnesium: 37.18mg (9.3%), Folate: 35.49µg (8.87%), Copper: 0.16mg (7.83%), Vitamin B12: 0.42µg (7.07%), Vitamin B3: 1.39mg (6.94%), Iron: 1.2mg (6.68%), Vitamin B5: 0.65mg (6.54%), Vitamin B1: 0.1mg (6.52%), Fiber: 1.59g (6.38%), Vitamin D: 0.17µg (1.13%)