



Chili Con Queso Dip I

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



498 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon chili sauce
- 14.5 ounce tortilla chips
- 16 ounce cream cheese softened
- 2 bell peppers green chopped
- 4 onions chopped
- 1 bell pepper red chopped
- 8 servings salt and pepper to taste

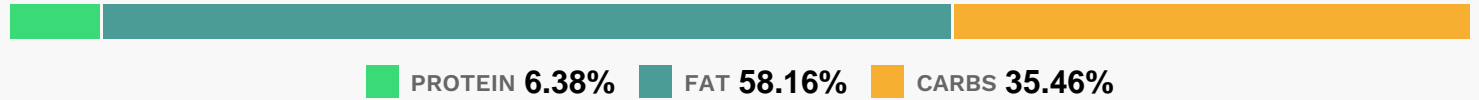
Equipment

sauce pan

Directions

- In a large saucepan, melt butter and saute onions and bell peppers.
- Saute until the onions are transparent.
- Add salt and pepper. Gently mix in cream cheese and chili sauce. Cook on a low heat for 15 minutes.
- Serve warm with chips for dipping.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:12.675652099692%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

Nutrients (% of daily need)

Calories: 498.18kcal (24.91%), Fat: 33.13g (50.97%), Saturated Fat: 14.75g (92.16%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 40.91g (14.88%), Sugar: 6.25g (6.94%), Cholesterol: 64.79mg (21.6%), Sodium: 570.74mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin C: 47.08mg (57.07%), Vitamin A: 1429.51IU (28.59%), Phosphorus: 203.05mg (20.31%), Vitamin E: 2.74mg (18.3%), Fiber: 4.54g (18.14%), Vitamin B6: 0.3mg (15.01%), Magnesium: 58.64mg (14.66%), Vitamin K: 15.34µg (14.61%), Calcium: 127.15mg (12.72%), Vitamin B2: 0.2mg (11.98%), Vitamin B5: 1.08mg (10.8%), Selenium: 7.47µg (10.67%), Potassium: 334.15mg (9.55%), Vitamin B1: 0.14mg (9.05%), Folate: 31.67µg (7.92%), Zinc: 1.17mg (7.77%), Manganese: 0.13mg (6.53%), Iron: 1.13mg (6.27%), Copper: 0.1mg (5.21%), Vitamin B3: 0.84mg (4.2%), Vitamin B12: 0.13µg (2.18%)