



Chili Nacho Dip

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 15 ounce pinto beans drained canned
- ☐ 10 ounce canned tomatoes with green chiles, drained and chopped canned
- ☐ 7.4 ounce carton chili without beans
- ☐ 16 ounce carton cream sour
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.5 cup green onions minced
- ☐ 1 teaspoon juice of lemon

- ☐ 0.5 cup olives ripe sliced
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 cup tomatoes diced seeded
- ☐ 2 tablespoons tomato paste

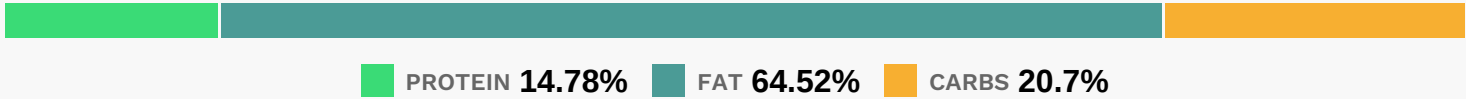
Equipment

- ☐ oven

Directions

- ☐ Combine chili and tomato paste; stir well.
- ☐ Add beans, chopped tomato with green chiles, and cilantro; stir well.
- ☐ Spread chili mixture in a 10-inch quiche dish; top with cheese.
- ☐ Bake, uncovered, at 375 for 15 minutes or until cheese melts and mixture is thoroughly heated.
- ☐ Combine avocado and lemon juice; toss gently to coat.
- ☐ Spread sour cream over melted cheese. Top with avocado mixture, diced tomato, green onions, and olives.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:4.0421738870766%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 97.31kcal (4.87%), Fat: 7.2g (11.08%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.53g (1.7%), Cholesterol: 17.94mg (5.98%), Sodium: 177.75mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Calcium: 84.72mg (8.47%), Phosphorus: 73.07mg (7.31%), Vitamin K: 7.23µg (6.89%), Vitamin A: 298.67IU (5.97%), Fiber: 1.43g (5.72%), Manganese: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.98%), Selenium: 3.32µg (4.74%), Potassium: 158.37mg (4.52%), Vitamin E: 0.63mg (4.21%), Copper: 0.08mg (3.98%), Zinc: 0.57mg (3.78%), Vitamin C: 3.09mg (3.75%), Magnesium: 14.62mg (3.65%), Folate: 13.94µg (3.48%), Iron: 0.61mg (3.37%), Vitamin B6: 0.07mg (3.32%), Vitamin B12: 0.18µg (3.05%), Vitamin B5: 0.22mg (2.17%), Vitamin B3: 0.42mg (2.12%), Vitamin B1: 0.03mg (1.95%)