



Chipotle Cheddar-Chicken Dip

READY IN



40 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stalk celery finely chopped
- 1 cup chipotle cheese shredded kraft
- 0.5 tsp chipotle chile pepper powder
- 1 Tbsp chipotle peppers in adobo sauce canned divided chopped
- 8 oz philadelphia cream cheese softened
- 0.3 tsp garlic powder
- 2 green onions chopped
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup panko bread crumbs

1.5 cups meat from a rotisserie chicken shredded cooked

Equipment

bowl

oven

Directions

Heat oven to 375F.

Combine bread crumbs and seasonings; stir in chipotle cheese. Reserve 3/4 cup chipotle cheese mixture.

Mix cream cheese and mayo in medium bowl until blended.

Add chicken, celery, 1 Tbsp. peppers and remaining chipotle cheese mixture; mix well.

Spread cream cheese mixture onto bottom of 9-inch pie plate sprayed with cooking spray; top with reserved chipotle cheese mixture and remaining peppers.

Bake 25 min. or until heated through.

Sprinkle with onions.

Nutrition Facts



PROTEIN 15.71% **FAT 77.11%** **CARBS 7.18%**

Properties

Glycemic Index:7.21, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.5430434981118%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 104.98kcal (5.25%), Fat: 9g (13.84%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.61g (0.67%), Cholesterol: 22.78mg (7.59%), Sodium: 107.42mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin K: 10.56µg (10.06%), Selenium: 4.74µg (6.77%), Phosphorus: 52.42mg (5.24%), Calcium: 47.58mg (4.76%), Vitamin B3: 0.79mg (3.97%), Vitamin A: 198.19IU (3.96%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.43%), Vitamin E: 0.28mg

(1.87%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.11µg (1.77%), Vitamin B1: 0.02mg (1.5%), Potassium: 47mg (1.34%), Folate: 5.1µg (1.28%), Iron: 0.23mg (1.27%), Magnesium: 4.95mg (1.24%)