



Colby-Pepper Jack Cheese Dip

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chilis green chopped canned
- 2 teaspoons chili powder
- 1 tablespoon chipotles in adobo canned finely chopped
- 10 servings cilantro leaves fresh
- 8 oz colby cheese shredded
- 2 cups roasted chicken cooked chopped
- 8 oz cream cheese softened
- 0.3 cup cilantro leaves fresh chopped

- 4 spring onion finely chopped
- 2 jalapeno minced seeded
- 0.3 cup mayonnaise
- 10 servings potato chips
- 0.7 cup cream sour

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 35
- Stir together first 5 ingredients in a large bowl until smooth. Stir in chicken and next 5 ingredients until blended. Spoon cheese mixture into a lightly greased 8-inch square baking dish.
- Bake at 350 for 30 minutes or until bubbly. Spoon into a serving bowl.
- Garnish, if desired.
- Serve with tortilla and sweet potato chips.

Nutrition Facts

 PROTEIN 14.23%  FAT 69.03%  CARBS 16.74%

Properties

Glycemic Index:20.5, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:13.414347824843%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 452.56kcal (22.63%), Fat: 35.13g (54.04%), Saturated Fat: 13.06g (81.63%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.61g (6.4%), Sugar: 1.99g (2.21%), Cholesterol: 77.63mg (25.88%), Sodium: 481.6mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin K: 32.1µg (30.58%), Vitamin E: 3.77mg (25.1%), Phosphorus: 242.93mg (24.29%), Calcium: 212.21mg (21.22%), Selenium: 13.73µg (19.61%), Vitamin B3: 3.78mg (18.9%), Vitamin A: 886.63IU (17.73%), Vitamin B5: 1.76mg (17.59%), Vitamin C: 14.43mg (17.49%), Vitamin B6: 0.34mg (16.92%), Potassium: 522.93mg (14.94%), Vitamin B2: 0.24mg (14.35%), Zinc: 1.65mg (11.03%), Manganese: 0.22mg (10.87%), Magnesium: 35.63mg (8.91%), Iron: 1.26mg (7.02%), Folate: 27.31µg (6.83%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.57g (6.27%), Vitamin B12: 0.36µg (6.01%), Copper: 0.11mg (5.48%), Vitamin D: 0.15µg (1.01%)