



## Cowboy Mexican Dip

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 beef tamales husked mashed
- 14.5 ounce canned tomatoes diced green canned
- 15 ounce chili without beans canned
- 1 pound processed cheese cubed

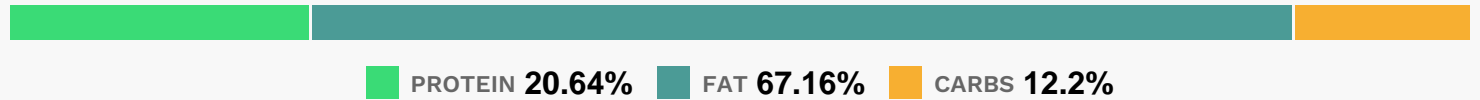
### Equipment

- slow cooker

## Directions

- Place the tamales, chili, diced tomatoes, and processed cheese into a slow cooker. Set heat on high, and cook, stirring occasionally until cheese is melted. Reduce heat to low to keep the dip warm while serving.
- Serve with corn chips or tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:4.4013043538384%

## Nutrients (% of daily need)

Calories: 97.78kcal (4.89%), Fat: 7.41g (11.41%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.38g (1.53%), Cholesterol: 22.98mg (7.66%), Sodium: 411.58mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Calcium: 208.73mg (20.87%), Phosphorus: 141.06mg (14.11%), Vitamin B12: 0.47µg (7.92%), Selenium: 5.15µg (7.35%), Zinc: 0.74mg (4.91%), Manganese: 0.09mg (4.4%), Vitamin B2: 0.07mg (4.33%), Vitamin A: 215.43IU (4.31%), Iron: 0.71mg (3.93%), Copper: 0.07mg (3.68%), Vitamin E: 0.47mg (3.15%), Potassium: 109.26mg (3.12%), Vitamin B6: 0.06mg (3.02%), Magnesium: 11.97mg (2.99%), Vitamin B3: 0.46mg (2.32%), Vitamin C: 1.89mg (2.3%), Vitamin K: 1.8µg (1.71%), Fiber: 0.41g (1.66%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.43%), Folate: 5.19µg (1.3%)