



## Double Chili Cheese Dip

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce chili without beans canned
- 8 ounce cream cheese softened
- 0.3 cup chilis diced green drained
- 4 spring onion thinly sliced
- 1 cup cheddar cheese shredded

### Equipment

- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie plate.
- Spread cream cheese into the prepared pie plate. Top the cream cheese with chili, onions, chilies, and cheese.
- Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes.

## Nutrition Facts

**PROTEIN 16.31%** **FAT 73.39%** **CARBS 10.3%**

## Properties

Glycemic Index:7.17, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:4.6713043554969%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 148.27kcal (7.41%), Fat: 12.23g (18.82%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.53g (1.28%), Sugar: 1.22g (1.36%), Cholesterol: 35.95mg (11.98%), Sodium: 278.71mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Calcium: 99.46mg (9.95%), Selenium: 6.63µg (9.47%), Phosphorus: 92.44mg (9.24%), Vitamin K: 9.68µg (9.22%), Vitamin B12: 0.5µg (8.38%), Vitamin A: 391.71IU (7.83%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.86mg (5.7%), Manganese: 0.11mg (5.36%), Iron: 0.85mg (4.7%), Copper: 0.08mg (3.82%), Vitamin B6: 0.07mg (3.44%), Potassium: 112.07mg (3.2%), Vitamin E: 0.46mg (3.09%), Magnesium: 12.25mg (3.06%), Vitamin C: 2.38mg (2.89%), Folate: 10.64µg (2.66%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.21mg (2.08%), Vitamin B1: 0.02mg (1.37%), Fiber: 0.33g (1.32%)