



Easy Cheesy Dip

 Gluten Free

READY IN



9 min.

SERVINGS



9

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz cheez whiz cheese dip
- 8 oz philadelphia cream cheese softened
- 0.5 cup green onions sliced

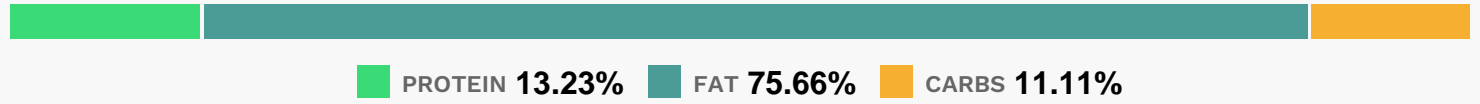
Equipment

- bowl
- microwave

Directions

- Mix all ingredients in 1-quart microwavable bowl until well blended.
- Microwave on HIGH 3 to 4 minutes or until heated through, stirring every minute.
- Serve warm with tortilla chips, crackers or assorted vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:5.3647825964119%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 220.38kcal (11.02%), Fat: 18.6g (28.62%), Saturated Fat: 11.28g (70.51%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.86g (2.13%), Sugar: 4.24g (4.71%), Cholesterol: 60.89mg (20.3%), Sodium: 853.96mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Phosphorus: 409.85mg (40.98%), Calcium: 198.07mg (19.81%), Vitamin A: 700.47IU (14.01%), Vitamin K: 12.03µg (11.46%), Vitamin B2: 0.18mg (10.34%), Zinc: 0.92mg (6.15%), Potassium: 161.99mg (4.63%), Selenium: 2.2µg (3.14%), Vitamin E: 0.25mg (1.65%), Vitamin C: 1.23mg (1.5%), Vitamin B5: 0.15mg (1.48%), Folate: 5.82µg (1.46%), Fiber: 0.29g (1.14%), Iron: 0.2mg (1.11%)