



Easy Mexi-Cheese Dip



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with green chile peppers canned
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 2 pound processed cheese food cubed

Equipment

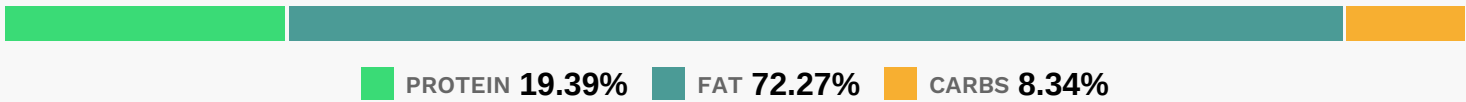
- ☐ microwave

Directions

- ☐
- Place cheese food in a microwave–safe dish. Stir in the soup and tomatoes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.91, Inflammation Score:–5, Nutrition Score:13.631739046263%

Nutrients (% of daily need)

Calories: 366.25kcal (18.31%), Fat: 29.57g (45.49%), Saturated Fat: 16.75g (104.67%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 6.27g (2.28%), Sugar: 3.42g (3.8%), Cholesterol: 92.24mg (30.75%), Sodium: 1868.86mg (81.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Calcium: 949.23mg (94.92%), Phosphorus: 590.34mg (59.03%), Selenium: 18.33µg (26.18%), Vitamin B12: 1.41µg (23.49%), Zinc: 2.59mg (17.29%), Vitamin A: 857.29IU (17.15%), Vitamin B2: 0.23mg (13.56%), Manganese: 0.13mg (6.43%), Magnesium: 25.72mg (6.43%), Vitamin C: 4.93mg (5.98%), Fiber: 1.42g (5.67%), Copper: 0.1mg (5.13%), Vitamin E: 0.73mg (4.84%), Potassium: 158.15mg (4.52%), Iron: 0.78mg (4.36%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.54µg (3.63%), Vitamin B6: 0.06mg (3.06%), Folate: 9.39µg (2.35%), Vitamin K: 2.36µg (2.25%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.31%)