



Easy Nacho Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces chive and onion cream cheese
- 2 green onions chopped
- 1 cup cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour
- 1 ounce taco seasoning
- 1 cup tomatoes chopped

Equipment

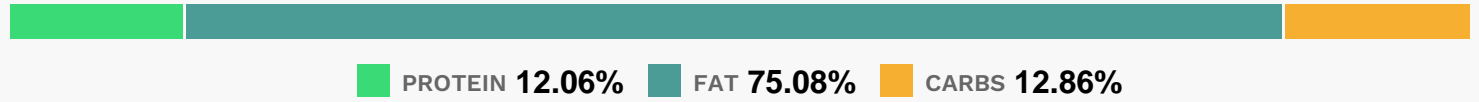
- bowl

pie form

Directions

- In a bowl, combine the sour cream, cream cheese and taco seasoning.
- Spread the mixture into a pie dish.
- Sprinkle the Cheddar cheese over the mixture in an even layer. Top the cheese with the tomatoes and green onions.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:1.5717391319897%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 65.01kcal (3.25%), Fat: 5.5g (8.46%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.04g (1.15%), Cholesterol: 16.14mg (5.38%), Sodium: 173.34mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin A: 368.32IU (7.37%), Calcium: 55.51mg (5.55%), Phosphorus: 30.61mg (3.06%), Vitamin K: 2.82µg (2.68%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.27%), Vitamin C: 1.66mg (2.01%), Zinc: 0.22mg (1.46%), Fiber: 0.32g (1.29%), Vitamin B12: 0.07µg (1.16%)