



Eight-Layer Chicken Chili Dip

🤍 Popular

READY IN



105 min.

SERVINGS



12

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce black beans drained and rinsed canned
- 0.3 teaspoon cayenne pepper
- 1.5 cups cheddar shredded yellow
- 1 tablespoon chili powder
- 1 cup cilantro leaves and stems roughly chopped
- 12 servings corn chips for dipping
- 1.5 cups cornbread crumbled
- 1 cup regular corn frozen thawed

- 2 cloves garlic finely chopped
- 1 bell pepper green chopped
- 1 juice of lime
- 12 servings kosher salt
- 1 cup chicken broth low-sodium
- 1 medium onion red chopped
- 2 cups rotisserie chicken cut shredded
- 1 cup cup heavy whipping cream sour
- 3 tablespoons tomato paste
- 3 medium tomatoes chopped
- 2 tablespoons vegetable oil

Equipment

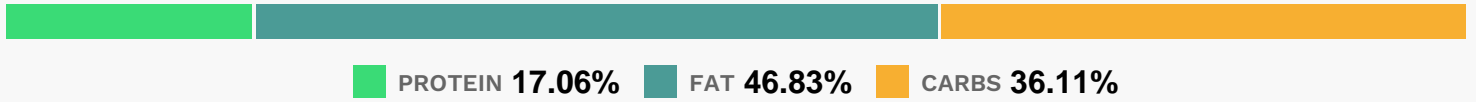
- bowl
- frying pan
- whisk

Directions

- Heat the oil in a large nonstick skillet over medium-high heat, add half of the onion and the garlic and cook, stirring, until soft and just begins to brown, about 4 minutes.
- Add the tomato paste, chili powder, 1/2 teaspoon salt and the cayenne pepper. Cook, stirring, until the oil is brick red, about 2 minutes.
- Add the chicken broth and bring to a simmer. Cook until thickened slightly, about 3 minutes.
- Add the shredded chicken and stir until just warmed through, remove from heat and cool to room temperature.
- Whisk together the sour cream, cilantro, lime juice and zest in a small bowl. Toss together the corn and pepper in another small bowl.
- Layer the dip in a medium, straight-sided 3-quart glass trifle bowl or your favorite serving dish.

- Spread the cornbread on the bottom, then top, in even layers, with the tomatoes, beans, cheese, cilantro–lime sour cream, chicken chili, the remaining chopped onions and the corn-pepper mixture.
- Wrap and refrigerate until chilled, at least 1 hour or overnight.
- Serve with chips for dipping.
- From Food Network Kitchens

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:13.912173937196%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 501.56kcal (25.08%), Fat: 26.74g (41.13%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 40.77g (14.82%), Sugar: 7.57g (8.42%), Cholesterol: 80.14mg (26.71%), Sodium: 929.09mg (40.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.83%), Phosphorus: 322.01mg (32.2%), Fiber: 5.63g (22.5%), Calcium: 222.84mg (22.28%), Vitamin E: 3.22mg (21.48%), Vitamin C: 17.13mg (20.76%), Vitamin A: 972.2IU (19.44%), Manganese: 0.39mg (19.38%), Vitamin K: 16.2µg (15.43%), Selenium: 10.43µg (14.9%), Vitamin B2: 0.25mg (14.87%), Folate: 57.45µg (14.36%), Magnesium: 55.79mg (13.95%), Potassium: 443.63mg (12.68%), Iron: 2.09mg (11.63%), Vitamin B6: 0.22mg (11.24%), Vitamin B1: 0.17mg (11.05%), Zinc: 1.59mg (10.57%), Vitamin B3: 2.02mg (10.12%), Copper: 0.19mg (9.68%), Vitamin B5: 0.63mg (6.27%), Vitamin B12: 0.28µg (4.63%)