



## Enchilada Dip

READY IN



40 min.

SERVINGS



40

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 7 oz chiles green undrained chopped canned
- 0.3 tsp chili powder
- 8 oz philadelphia cream cheese softened
- 1 tsp garlic powder
- 1.5 cups cheese shredded mexican style divided kraft
- 0.5 lb chicken breasts boneless skinless cooked finely chopped
- 40 servings wheat snack crackers thin

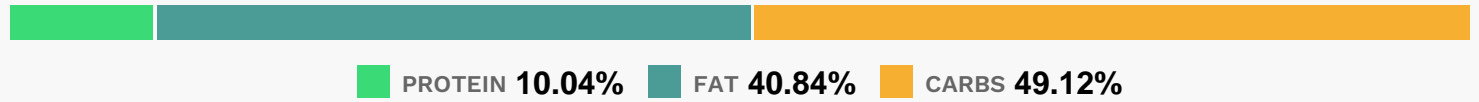
## Equipment

- bowl
- oven
- hand mixer

## Directions

- Preheat oven to 350F. Beat cream cheese, 1 cup of the shredded cheese, chilies and seasonings in small bowl with electric mixer on medium speed until well blended. Stir in chicken.
- Spread into 9-inch pie plate.
- Bake 20 to 30 minutes or until dip is lightly browned and heated through.
- Sprinkle with remaining 1/2 cup shredded cheese; let stand 10 minutes.
- Serve as a dip with crackers.

## Nutrition Facts



## Properties

Glycemic Index:0.8, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.0604347631983%

## Nutrients (% of daily need)

Calories: 180.95kcal (9.05%), Fat: 8.27g (12.72%), Saturated Fat: 2.89g (18.03%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 20.3g (7.38%), Sugar: 4.2g (4.67%), Cholesterol: 13.35mg (4.45%), Sodium: 296.81mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Fiber: 2.08g (8.32%), Calcium: 53.96mg (5.4%), Iron: 0.85mg (4.73%), Selenium: 2.97µg (4.24%), Phosphorus: 37.29mg (3.73%), Vitamin B3: 0.63mg (3.17%), Vitamin B6: 0.06mg (2.79%), Vitamin A: 116.78IU (2.34%), Vitamin C: 1.77mg (2.14%), Vitamin B2: 0.03mg (1.99%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.08µg (1.26%), Potassium: 38.89mg (1.11%)