



Fiesta Baked Cheese Dip

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chiles green undrained chopped canned
- 8 oz four cheese shredded mexican style divided kraft finely
- 2 Tbsp cilantro sprigs fresh
- 1.3 cups knudsen cream sour divided
- 16 oz philadelphia cream cheese softened
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup bell peppers red chopped

Equipment

- bowl
- oven
- blender

Directions

- Heat oven to 350F.
- Beat cream cheese in large bowl with mixer until creamy. Reserve 1/4 cup shredded cheese.
- Add remaining shredded cheese to cream cheese along with the chiles, 1/2 cup sour cream and ground red pepper; mix well.
- Spread cream cheese mixture onto bottom of 2-qt. casserole sprayed with cooking spray.
- Bake 20 min. or until dip is heated through and lightly browned around edge. Top with remaining sour cream, reserved shredded cheese, chopped bell peppers and cilantro before serving.

Nutrition Facts

PROTEIN 11.24% **FAT 82.24%** **CARBS 6.52%**

Properties

Glycemic Index:3.75, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:1.717826070345%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.93kcal (3.9%), Fat: 7.24g (11.13%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.73g (0.81%), Cholesterol: 21.36mg (7.12%), Sodium: 86.22mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Calcium: 59.46mg (5.95%), Vitamin A: 292.64IU (5.85%), Phosphorus: 44.16mg (4.42%), Selenium: 2.86µg (4.08%), Vitamin B2: 0.06mg (3.82%), Vitamin C: 2.24mg (2.72%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.18%), Folate: 4.63µg (1.16%)