



Fiesta Dip

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 0.5 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 4 green onions sliced
- 1 cup cheddar & monterey jack cheeses shredded divided kraft
- 1 tsp pepper sauce hot
- 1 small tomatoes chopped

24 servings tortilla chips

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350F.

Toss chicken with hot sauce; set aside.

Combine cream cheese, sour cream, onions and 1/2 cup shredded cheese in medium bowl. Stir in chicken.

Spoon into shallow baking dish sprayed with cooking spray.

Bake 25 min. or until heated through. Top with remaining shredded cheese, tomatoes and olives.

Serve with chips.

Nutrition Facts



PROTEIN 11.77% **FAT 48.12%** **CARBS 40.11%**

Properties

Glycemic Index:5.17, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:4.4156521740167%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 193.74kcal (9.69%), Fat: 10.59g (16.28%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 18.19g (6.62%), Sugar: 0.74g (0.82%), Cholesterol: 18.35mg (6.12%), Sodium: 170.71mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.65%), Phosphorus: 111.13mg (11.11%), Vitamin K: 10.6µg (10.1%), Calcium: 77.84mg (7.78%), Vitamin E: 1.14mg (7.63%), Magnesium: 28.51mg (7.13%), Selenium: 4.68µg (6.68%), Fiber: 1.66g (6.63%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.97mg (4.87%), Zinc: 0.72mg (4.77%),

Vitamin B5: 0.48mg (4.75%), Vitamin B2: 0.07mg (4.25%), Vitamin A: 191.32IU (3.83%), Iron: 0.62mg (3.45%),
Vitamin B1: 0.05mg (3.35%), Potassium: 102.42mg (2.93%), Copper: 0.04mg (2.05%), Folate: 7.26µg (1.82%),
Vitamin B12: 0.08µg (1.42%), Vitamin C: 1.09mg (1.32%)