




Goblin Dip And Bone Crackers


 Gluten Free

READY IN




45 min.

SERVINGS



10

CALORIES



177 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 4.5 oz chilis green chopped canned
- 16 oz chili without beans canned
- 8 oz cream cheese
- 0.5 teaspoon ground cumin
- 10 servings ham bone (See Note)
- 10 servings monterrey jack cheese with peppers, chopped olives, sliced green onions
- 8 oz pico de gallo
- 16 oz refried beans canned

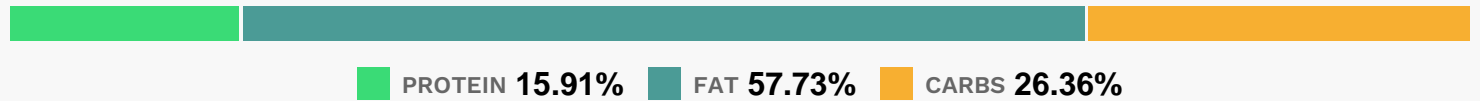
Equipment

- bowl
- sauce pan

Directions

- Combine first 6 ingredients in a heavy saucepan over low heat, stirring often, for 15 minutes, or until cheese is melted.
- Transfer to a bowl, sprinkle with desired toppings and serve warm with Bone Crackers. Makes 6 cups.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:1.51, Inflammation Score:-3, Nutrition Score:4.8443478229253%

Nutrients (% of daily need)

Calories: 177.11kcal (8.86%), Fat: 11.38g (17.51%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 9.34g (3.4%), Sugar: 3.91g (4.34%), Cholesterol: 33.32mg (11.11%), Sodium: 681.64mg (29.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Fiber: 2.36g (9.44%), Iron: 1.59mg (8.82%), Vitamin A: 438.26IU (8.77%), Vitamin B12: 0.52µg (8.68%), Vitamin C: 6.05mg (7.33%), Selenium: 5.09µg (7.27%), Manganese: 0.13mg (6.56%), Phosphorus: 65.54mg (6.55%), Vitamin B2: 0.11mg (6.5%), Calcium: 63.56mg (6.36%), Copper: 0.09mg (4.53%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.09mg (4.39%), Potassium: 130.87mg (3.74%), Vitamin B3: 0.67mg (3.34%), Folate: 12.75µg (3.19%), Vitamin E: 0.47mg (3.12%), Magnesium: 12.26mg (3.06%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 1.5µg (1.43%), Vitamin B1: 0.02mg (1.42%)