




# Goblin Dip with Bone Crackers


 **Gluten Free**

READY IN




**45 min.**

SERVINGS



**6**

CALORIES



**293 kcal**

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- 4.5 ounce chilis green undrained chopped canned
- 16 ounce chili without beans canned
- 8 ounce cream cheese
- 0.5 teaspoon ground cumin
- 6 servings ham bone
- 6 servings monterrey jack cheese shredded with peppers, chopped black olives, sliced green onions
- 8 ounce pico de gallo
- 16 ounce refried beans canned

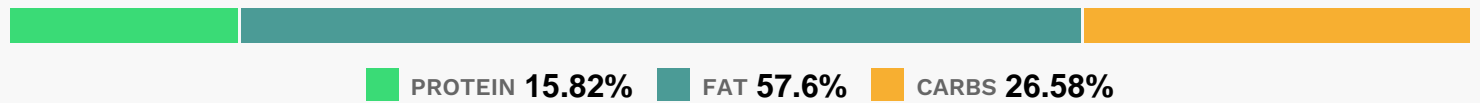
## Equipment

sauce pan

## Directions

- Cook first 6 ingredients in a heavy saucepan over low heat, stirring often, 15 minutes or until cream cheese is melted.
- Sprinkle with desired toppings, and serve warm with Bone Crackers.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:2.52, Inflammation Score:-5, Nutrition Score:8.003478291242%

## Nutrients (% of daily need)

Calories: 292.69kcal (14.63%), Fat: 18.77g (28.87%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 15.56g (5.66%), Sugar: 6.51g (7.24%), Cholesterol: 54.94mg (18.31%), Sodium: 1132.06mg (49.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.19%), Fiber: 3.93g (15.73%), Iron: 2.64mg (14.68%), Vitamin A: 725.3IU (14.51%), Vitamin B12: 0.86µg (14.38%), Vitamin C: 10.08mg (12.22%), Selenium: 8.38µg (11.97%), Manganese: 0.22mg (10.92%), Vitamin B2: 0.18mg (10.69%), Phosphorus: 106.27mg (10.63%), Calcium: 100.96mg (10.1%), Copper: 0.15mg (7.53%), Zinc: 1.09mg (7.29%), Vitamin B6: 0.15mg (7.29%), Potassium: 217.57mg (6.22%), Vitamin B3: 1.11mg (5.57%), Folate: 21.13µg (5.28%), Vitamin E: 0.78mg (5.2%), Magnesium: 20.25mg (5.06%), Vitamin B5: 0.35mg (3.54%), Vitamin K: 2.49µg (2.37%), Vitamin B1: 0.04mg (2.36%)