



Green Chile Cheese Dip

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce chile peppers green chopped canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 7 ounce garlic cheese spread

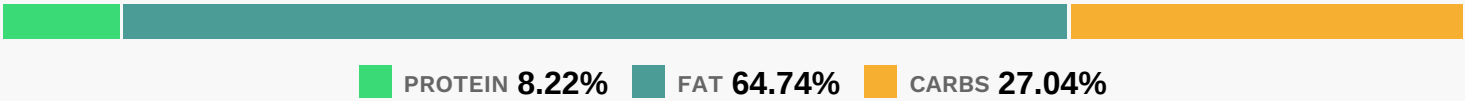
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium low heat, warm the garlic cheese spread, green chile peppers and cream of mushroom soup. Stir occasionally, until the mixture is well blended.
- ☐ Transfer to a medium bowl and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.6852174608604%

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 18.27g (28.11%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.69g (5.7%), Sugar: 6.01g (6.68%), Cholesterol: 41.16mg (13.72%), Sodium: 1705.91mg (74.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Vitamin C: 30.18mg (36.58%), Calcium: 271.8mg (27.18%), Manganese: 0.3mg (15.24%), Vitamin A: 696.55IU (13.93%), Folate: 47.93µg (11.98%), Copper: 0.2mg (10.16%), Iron: 1.72mg (9.54%), Zinc: 1.19mg (7.9%), Vitamin B3: 1.39mg (6.94%), Vitamin B6: 0.13mg (6.57%), Potassium: 213.42mg (6.1%), Fiber: 1.49g (5.95%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 37.78mg (3.78%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.26mg (2.57%), Magnesium: 10.14mg (2.53%), Vitamin B1: 0.03mg (1.86%)