



Green Chile Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cream sour
- 0.5 cup salad dressing
- 1 teaspoon ground cumin
- 0.5 teaspoon chili powder
- 0.3 teaspoon garlic salt
- 0.3 teaspoon onion powder
- 0.3 teaspoon paprika
- 4 oz cheddar cheese shredded

4 oz chilis green chopped canned

1 pieces tortilla chips crisp

Equipment

bowl

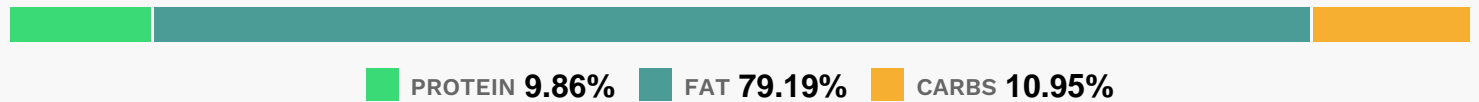
Directions

In medium bowl, mix all ingredients except cheese, chiles and flatbread pieces. Stir in cheese and chiles.

Cover; refrigerate 2 to 4 hours to blend flavors.

Serve with flatbread pieces.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5182608625163%

Nutrients (% of daily need)

Calories: 61.24kcal (3.06%), Fat: 5.48g (8.43%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.04g (1.16%), Cholesterol: 13.21mg (4.4%), Sodium: 127.94mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Calcium: 51.36mg (5.14%), Phosphorus: 34.59mg (3.46%), Vitamin A: 168.29IU (3.37%), Vitamin K: 3.15µg (3%), Selenium: 2µg (2.86%), Vitamin B2: 0.05mg (2.79%), Vitamin C: 1.78mg (2.15%), Zinc: 0.24mg (1.58%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.34%), Folate: 4.45µg (1.11%)