



Green Chile Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup salad dressing
- ☐ 4 oz cheddar cheese shredded

- ☐ 1.5 cups cream sour
- ☐ 1 pieces tortilla chips crisp

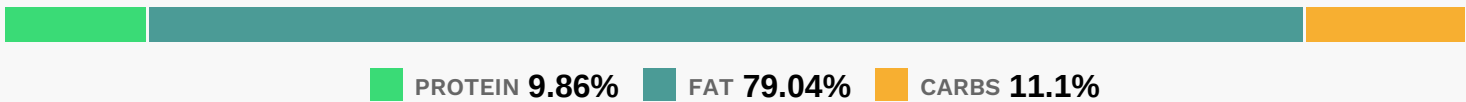
Equipment

- ☐ 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:1.5421739168789%

Nutrients (% of daily need)

Calories: 61.36kcal (3.07%), Fat: 5.48g (8.43%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.04g (1.16%), Cholesterol: 13.21mg (4.4%), Sodium: 130.29mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Calcium: 51.57mg (5.16%), Phosphorus: 34.65mg (3.47%), Vitamin A: 169.04IU (3.38%), Vitamin K: 3.15µg (3%), Selenium: 2µg (2.86%), Vitamin B2: 0.05mg (2.8%), Vitamin C: 1.98mg (2.4%), Zinc: 0.24mg (1.58%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.34%), Folate: 4.77µg (1.19%), Vitamin B6: 0.02mg (1.03%)