

## Hot Mexican Dip

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**1064 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce chili without beans canned
- 4 servings pepper red crushed to taste
- 2 to 2 chilies slit green chopped
- 8 ounce sauce
- 2 pounds processed cheese food cubed
- 8 ounce salsa

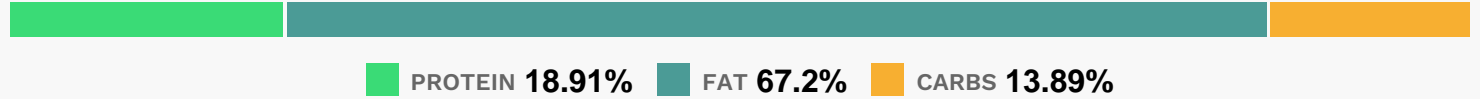
### Equipment

- slow cooker

## Directions

- In a slow cooker set for low heat, place chili without beans, salsa, taco sauce, green chile peppers, crushed red pepper and processed cheese. Stirring occasionally, heat until processed cheese is melted and all ingredients are well blended.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:31.771738591401%

## Nutrients (% of daily need)

Calories: 1064.19kcal (53.21%), Fat: 80.1g (123.23%), Saturated Fat: 43.42g (271.35%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.25g (12.45%), Sugar: 22.45g (24.94%), Cholesterol: 249.12mg (83.04%), Sodium: 5386.76mg (234.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.72g (101.44%), Calcium: 2424.39mg (242.44%), Phosphorus: 1559.77mg (155.98%), Selenium: 53.64µg (76.63%), Vitamin B12: 4.49µg (74.77%), Vitamin A: 3008.38IU (60.17%), Zinc: 7.04mg (46.92%), Vitamin B2: 0.69mg (40.33%), Vitamin E: 3.9mg (25.97%), Manganese: 0.48mg (24.22%), Iron: 4.15mg (23.05%), Magnesium: 91.71mg (22.93%), Vitamin B6: 0.4mg (20.06%), Potassium: 681.33mg (19.47%), Copper: 0.36mg (18.05%), Vitamin B5: 1.21mg (12.13%), Vitamin K: 12.73µg (12.12%), Fiber: 2.99g (11.96%), Vitamin B3: 2.36mg (11.79%), Vitamin D: 1.47µg (9.78%), Folate: 29.48µg (7.37%), Vitamin C: 5.7mg (6.91%), Vitamin B1: 0.09mg (6.12%)