



Hot Parmesan Green Chile Pepper Dip

READY IN



25 min.

SERVINGS



25

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chiles green undrained chopped canned
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 8 oz philadelphia cream cheese softened
- 0.5 cup real mayo mayonnaise kraft
- 2 Tbsp panko bread crumbs
- 0.3 cup parmesan cheese shredded divided kraft

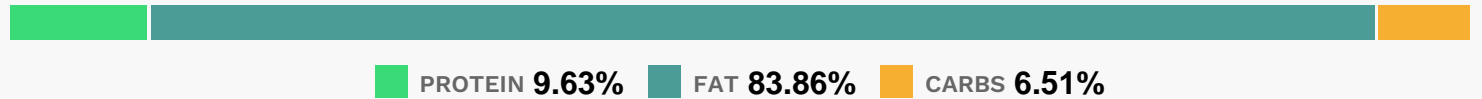
Equipment

- oven

Directions

- Heat oven to 350F.
- Combine bread crumbs and 1 Tbsp. Parmesan.
- Mix remaining Parmesan with remaining ingredients in shallow ovenproof dish until blended; top with crumb mixture.
- Bake 15 min. or until top is golden brown, and dip is hot and bubbly around edge.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.8300000260706%

Nutrients (% of daily need)

Calories: 88.69kcal (4.43%), Fat: 8.32g (12.8%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.44g (0.49%), Cholesterol: 16.24mg (5.41%), Sodium: 126.38mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 7.67µg (7.31%), Calcium: 56.05mg (5.61%), Phosphorus: 40.11mg (4.01%), Selenium: 2.6µg (3.72%), Vitamin A: 183.56IU (3.67%), Vitamin B2: 0.05mg (2.91%), Vitamin C: 1.55mg (1.88%), Vitamin E: 0.26mg (1.74%), Zinc: 0.26mg (1.74%), Vitamin B12: 0.09µg (1.47%), Folate: 5.37µg (1.34%)