

Jalapeno Chicken Dip

 **Gluten Free**

READY IN



10 min.

SERVINGS



15

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce cream of chicken soup canned
- 16 ounce cream cheese softened
- 3 tablespoons jalapeno chopped
- 1 pinch lawry's seasoned salt
- 10 ounce water white chunk drained canned

Equipment

- bowl
- frying pan

microwave

Directions

- Combine the chicken and seasoned salt in a large skillet over medium–low heat; heat through.
- Combine the cream cheese and chicken soup in a microwave–safe bowl; cover and heat for 1 minute in the microwave.
- Add the chicken mixture and continue to heat at 1 minute intervals until the liquid bubbles. Stir in the jalapenos and serve immediately.

Nutrition Facts

PROTEIN 7.46% **FAT 82.08%** **CARBS 10.46%**

Properties

Glycemic Index:6.8, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:2.22391308261%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 124.99kcal (6.25%), Fat: 11.59g (17.82%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.23g (1.18%), Sugar: 1.37g (1.52%), Cholesterol: 32.17mg (10.72%), Sodium: 241.2mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 475.43IU (9.51%), Vitamin B2: 0.08mg (4.76%), Vitamin C: 3.58mg (4.34%), Selenium: 3µg (4.28%), Phosphorus: 39.43mg (3.94%), Calcium: 33.11mg (3.31%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.22mg (2.21%), Vitamin K: 2.02µg (1.93%), Copper: 0.04mg (1.79%), Potassium: 57.31mg (1.64%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.22mg (1.44%), Iron: 0.26mg (1.42%), Vitamin B12: 0.07µg (1.11%), Magnesium: 4.17mg (1.04%)