



Lori's Quick and Easy No Bean Chili Dip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

☐ 30 ounce chili without beans canned

☐ 16 ounce cream cheese softened

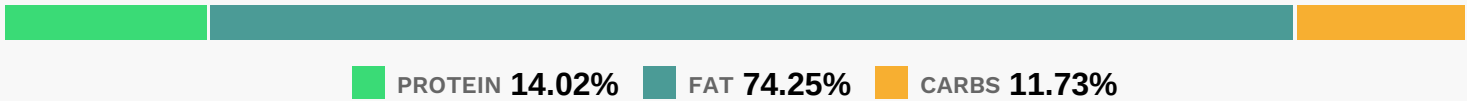
Equipment

☐ slow cooker

Directions

Mix chili and cream cheese together in a slow cooker set to High, stirring often, until cream cheese is completely melted and dip is hot, about 10 minutes. Reduce heat to Low and serve.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:11.26086965592%

Nutrients (% of daily need)

Calories: 431.86kcal (21.59%), Fat: 36.07g (55.49%), Saturated Fat: 18.47g (115.47%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.11g (4.4%), Sugar: 4.4g (4.89%), Cholesterol: 106.12mg (35.37%), Sodium: 819.96mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.65%), Vitamin B12: 1.61µg (26.87%), Selenium: 15.72µg (22.45%), Vitamin A: 1015.29IU (20.31%), Manganese: 0.4mg (19.98%), Vitamin B2: 0.33mg (19.48%), Phosphorus: 190.04mg (19%), Iron: 2.93mg (16.29%), Copper: 0.28mg (14%), Zinc: 1.97mg (13.1%), Calcium: 115.86mg (11.59%), Vitamin B6: 0.23mg (11.26%), Potassium: 362.02mg (10.34%), Vitamin E: 1.49mg (9.91%), Vitamin B3: 1.83mg (9.13%), Magnesium: 35.15mg (8.79%), Vitamin B5: 0.65mg (6.53%), Folate: 18.14µg (4.54%), Vitamin K: 4.71µg (4.48%), Vitamin B1: 0.06mg (4.09%), Vitamin C: 2.55mg (3.09%), Fiber: 0.71g (2.83%)