



Mexican Chicken Dip with Lime

 Gluten Free

READY IN



200 min.

SERVINGS



18

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz cream cheese softened
- 0.3 cup cream sour
- 0.8 teaspoon lime zest grated
- 9 oz chicken tenderloins frozen thawed cooked finely chopped (2 cups)
- 3.8 oz olives ripe drained sliced canned
- 16 oz refried beans traditional canned
- 0.3 cup salsa thick
- 1 medium plum tomatoes italian chopped

- 2 oz cheddar cheese shredded
- 2 tablespoons cilantro leaves fresh chopped
- 18 oz tortilla chips

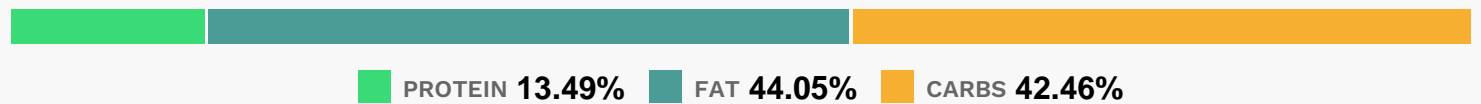
Equipment

- bowl
- frying pan
- plastic wrap
- pie form

Directions

- Line 9-inch pie pan with plastic wrap, allowing wrap to extend over edge of pan. In small bowl, mix cream cheese and sour cream until well blended. Stir in lime peel.
- Spread mixture in pie pan.
- Sprinkle chicken and olives over cream cheese mixture. In small bowl, stir refried beans to soften.
- Spread beans over chicken mixture. Cover with plastic wrap; refrigerate at least 3 hours but no longer than 6 hours.
- To serve, unmold dip onto 10-inch flat serving platter; remove plastic wrap. Top dip with salsa, tomato, cheese and cilantro.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:5.2747826148634%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.4kcal (10.77%), Fat: 10.69g (16.45%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.27g (7.37%), Sugar: 1.49g (1.66%), Cholesterol: 19.51mg (6.5%), Sodium: 416.23mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Phosphorus: 118.92mg (11.89%), Fiber: 2.92g (11.67%), Selenium: 7.34µg (10.48%), Vitamin E: 1.41mg (9.43%), Vitamin B3: 1.82mg (9.08%), Vitamin B6: 0.18mg (8.83%), Magnesium: 30.98mg (7.74%), Calcium: 75.09mg (7.51%), Vitamin K: 6.89µg (6.56%), Vitamin B5: 0.61mg (6.07%), Vitamin A: 225.94IU (4.52%), Iron: 0.78mg (4.35%), Zinc: 0.64mg (4.3%), Potassium: 141.44mg (4.04%), Vitamin B2: 0.07mg (4.04%), Vitamin B1: 0.06mg (3.73%), Copper: 0.05mg (2.32%), Folate: 6.23µg (1.56%), Vitamin B12: 0.08µg (1.35%)