



Mexican Pimiento Cheese Dip

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 8 oz cream cheese
- ☐ 1 lime zest finely grated
- ☐ 1 cup mayonnaise
- ☐ 4 oz pimientos diced drained
- ☐ 16 servings fries fresh
- ☐ 1 tablespoon taco seasoning (from 1-oz package)
- ☐ 16 servings frangelico fresh (see below)

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Equipment

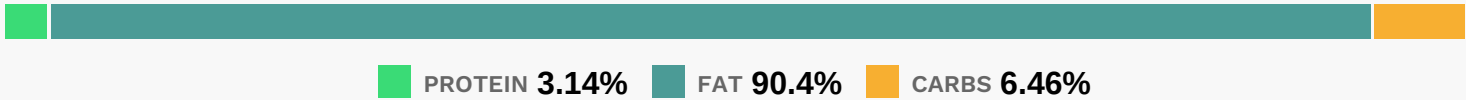
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In medium bowl, stir together mayonnaise, cream cheese, chiles, taco seasoning mix, pimientos and lime peel until well mixed.
- ☐ Spread in pie plate.
- ☐ Bake about 20 minutes or until bubbly. Make it FRESH with desired toppings.
- ☐ Serve with chips and vegetables.

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:3.2104347607364%

Flavonoids

Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.62kcal (7.63%), Fat: 15.55g (23.93%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.95g (1.05%), Cholesterol: 20.2mg (6.73%), Sodium: 183.86mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin K: 23.87µg (22.73%), Vitamin C: 11.45mg (13.88%), Vitamin A: 414.43IU (8.29%), Vitamin E: 0.65mg (4.33%), Vitamin B2: 0.04mg (2.59%), Selenium: 1.6µg (2.29%), Phosphorus: 22mg (2.2%), Vitamin B6: 0.04mg (2.04%), Calcium: 19.71mg (1.97%), Fiber: 0.49g (1.96%), Iron: 0.35mg (1.92%), Folate: 7.33µg (1.83%), Potassium: 52.77mg (1.51%), Vitamin B5: 0.13mg (1.27%)