



Online Round 2 - Creamy Mexican Dip with Spiced Chips

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon adobo sauce reserved from spicy fajita soup
- 1 cup reserved cream from braised beef tacos sour
- 0.5 cup cream cheese softened
- 1 teaspoon garlic chopped
- 4 servings kosher salt and pepper black freshly ground
- 4 servings reserved spiced chips from spicy fajita soup
- 1 cup reserved onion and pepper mixture from spicy fajita soup

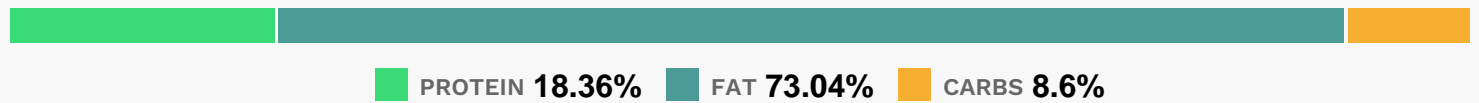
Equipment

bowl

Directions

- Chop the reserved onion and pepper mixture and put into a bowl. Stir in the sour cream, cream cheese, garlic, adobo sauce, and season with salt and pepper, to taste.
- Serve with the reserved spiced chips.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:11.311739014543%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 264.54kcal (13.23%), Fat: 21.59g (33.22%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.05g (1.84%), Sugar: 3.09g (3.43%), Cholesterol: 68.6mg (22.87%), Sodium: 349.61mg (15.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.43%), Vitamin C: 54.26mg (65.77%), Vitamin B12: 1.27µg (21.1%), Vitamin B6: 0.4mg (19.94%), Zinc: 2.61mg (17.38%), Selenium: 11.22µg (16.03%), Vitamin A: 741.43IU (14.83%), Vitamin B3: 2.9mg (14.52%), Phosphorus: 137.91mg (13.79%), Vitamin B2: 0.18mg (10.73%), Potassium: 321.05mg (9.17%), Iron: 1.58mg (8.8%), Vitamin K: 7.13µg (6.79%), Magnesium: 21.57mg (5.39%), Manganese: 0.11mg (5.32%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.77mg (5.12%), Calcium: 46.33mg (4.63%), Copper: 0.09mg (4.6%), Vitamin B1: 0.06mg (4.04%), Folate: 15.49µg (3.87%), Fiber: 0.66g (2.66%)