



## Outrageous Warm Chicken Nacho Dip

 **Gluten Free**  **Popular**

READY IN



95 min.

SERVINGS



12

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup black beans rinsed drained
- 14 ounce canned tomatoes diced with green chile peppers (such as ro\*tel®), drained canned
- 0.3 cup green onion diced
- 2 tablespoons jalapeno minced to taste
- 1 pound processed cheese food cubed velveeta® (such as )
- 2 large chicken breast halves shredded boneless skinless cooked
- 0.3 cup cup heavy whipping cream sour
- 1.5 tablespoons taco seasoning

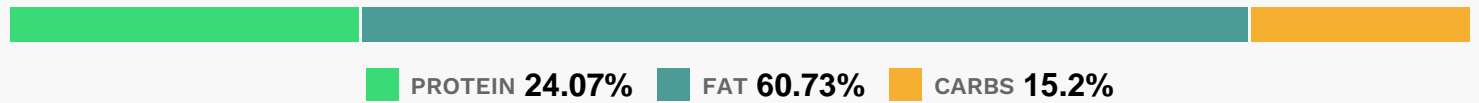
# Equipment

slow cooker

# Directions

Place the diced tomatoes, processed cheese, chicken meat, sour cream, green onion, taco seasoning, and jalapeno pepper into a slow cooker. Cook on High, stirring occasionally until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the black beans, and cook 15 more minutes to reheat.

# Nutrition Facts



# Properties

Glycemic Index:10.08, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:9.3791304619416%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

# Nutrients (% of daily need)

Calories: 204.18kcal (10.21%), Fat: 13.83g (21.28%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.27g (1.92%), Sugar: 2.38g (2.65%), Cholesterol: 53.62mg (17.87%), Sodium: 791.36mg (34.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Calcium: 408.07mg (40.81%), Phosphorus: 308.19mg (30.82%), Selenium: 14.09µg (20.13%), Vitamin B3: 2.11mg (10.57%), Vitamin B12: 0.62µg (10.3%), Fiber: 2.52g (10.09%), Vitamin A: 480.55IU (9.61%), Vitamin C: 7.75mg (9.39%), Vitamin B6: 0.19mg (9.29%), Zinc: 1.24mg (8.29%), Vitamin B2: 0.13mg (7.64%), Folate: 27.53µg (6.88%), Magnesium: 26.19mg (6.55%), Vitamin K: 5.89µg (5.61%), Potassium: 190.4mg (5.44%), Vitamin B5: 0.49mg (4.86%), Manganese: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.74%), Iron: 0.67mg (3.73%), Vitamin E: 0.46mg (3.09%), Copper: 0.06mg (2.82%), Vitamin D: 0.25µg (1.64%)