



Outrageous Warm Chicken Nacho Dip



Gluten Free



Popular

READY IN



95 min.

SERVINGS



12

CALORIES



203 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
- ☐ 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

☐

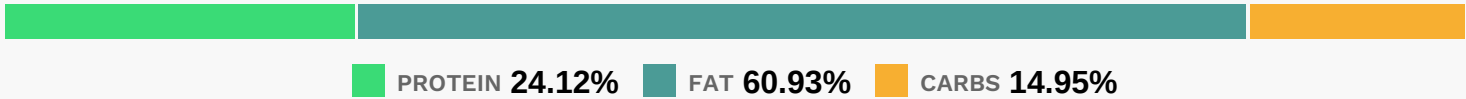
slow cooker

Directions

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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:7.42, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:9.0673913592878%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 203.46kcal (10.17%), Fat: 13.82g (21.27%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.18g (1.88%), Sugar: 2.28g (2.53%), Cholesterol: 53.62mg (17.87%), Sodium: 791.28mg (34.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.63%), Calcium: 407.77mg (40.78%), Phosphorus: 307.54mg (30.75%), Selenium: 14.08µg (20.12%), Vitamin B3: 2.08mg (10.41%), Vitamin B12: 0.62µg (10.3%), Fiber: 2.45g (9.81%), Vitamin A: 453.6IU (9.07%), Vitamin B6: 0.18mg (8.76%), Zinc: 1.24mg (8.27%), Vitamin B2: 0.13mg (7.54%), Folate: 26.85µg (6.71%), Magnesium: 25.81mg (6.45%), Vitamin C: 4.78mg (5.8%), Potassium: 184.2mg (5.26%), Vitamin K: 5.43µg (5.17%), Vitamin B5: 0.48mg (4.78%), Manganese: 0.09mg (4.3%), Iron: 0.67mg (3.7%), Vitamin B1: 0.06mg (3.67%), Copper: 0.06mg (2.77%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.25µg (1.64%)