



## PHILLY Cheesy Chili Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 oz chili without beans canned
- 8 oz philadelphia cream cheese softened
- 1 green onion chopped
- 1 cup sharp cheddar cheese shredded kraft finely

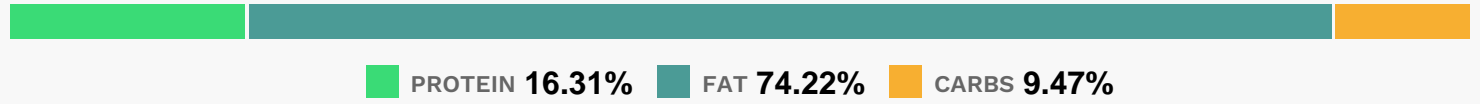
### Equipment

- microwave

## Directions

- Spread cream cheese onto bottom of microwaveable pie plate; top with chili and cheddar.
- Microwave on HIGH 45 sec. to 1 min. or until dip is heated through and cheddar is melted
- Sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:8.6, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:4.9452174746472%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 176.05kcal (8.8%), Fat: 14.67g (22.56%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.39g (1.54%), Cholesterol: 43.14mg (14.38%), Sodium: 320.08mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Calcium: 115.51mg (11.55%), Selenium: 7.92µg (11.31%), Phosphorus: 109.21mg (10.92%), Vitamin B12: 0.6µg (10.06%), Vitamin B2: 0.15mg (8.83%), Vitamin A: 429.78IU (8.6%), Zinc: 1.01mg (6.73%), Manganese: 0.12mg (6.15%), Iron: 0.92mg (5.09%), Copper: 0.09mg (4.44%), Vitamin K: 4.17µg (3.97%), Vitamin B6: 0.08mg (3.8%), Vitamin E: 0.54mg (3.58%), Magnesium: 13.84mg (3.46%), Potassium: 120.62mg (3.45%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.24mg (2.44%), Folate: 8.58µg (2.15%), Vitamin B1: 0.02mg (1.49%), Vitamin C: 0.99mg (1.2%)