



Roasted Chili-Cheese Dip



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



17

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 32 ounce mexican cheese dip refrigerated with olé
- ☐ 16 ounce fire-roasted and chiles green red with melissa's drained finely chopped
- ☐ 2 large garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup onion sweet finely chopped

Equipment

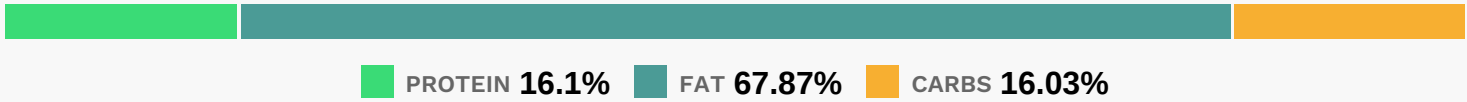
- ☐ bowl

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion; saut 3 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Reduce heat to medium; stir in cheese dip, chiles, and cumin, stirring constantly until cheese melts.
- ☐ Serve warm with tortilla chips, or spoon dip into small jars or containers. Cover and chill. Give jars of dip as gifts along with reheating instructions.
- ☐ Note: To reheat 1 cup dip, place in a microwave-safe bowl. Microwave dip on HIGH for 3 minutes, stirring after 1 1/2 minutes.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.3126087941877%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 167.74kcal (8.39%), Fat: 12.56g (19.33%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.43g (4.93%), Cholesterol: 40.02mg (13.34%), Sodium: 931.36mg (40.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.41%), Phosphorus: 432.89mg (43.29%), Calcium: 202.75mg (20.28%), Vitamin A: 513.55IU (10.27%), Vitamin B2: 0.13mg (7.67%), Zinc: 0.89mg (5.94%), Potassium: 137.88mg (3.94%), Iron: 0.34mg (1.9%), Fiber: 0.43g (1.71%), Vitamin C: 1.04mg (1.26%)