



## Salsa Dip Appetizer Bites

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 30 cilantro sprigs fresh
- 4 oz phyllo shells frozen mini
- 0.7 cup taco bellâ® & chunky salsa thick
- 4 oz velveetaâ
- 4 oz velveetaâ

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Cut VELVEETA into 2 slices, then cut each slice into 15 cubes.
- Place phyllo shells on baking sheet. Fill each with 1 VELVEETA cube and about 1 tsp. salsa.
- Bake 10 min. or until VELVEETA is melted and edges of shells are golden brown.
- Garnish with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.123478255842%

## Flavonoids

Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 22.88kcal (1.14%), Fat: 0.82g (1.26%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 70.03mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 9.66µg (9.2%), Vitamin A: 244.04IU (4.88%), Vitamin E: 0.18mg (1.2%), Vitamin C: 0.97mg (1.18%), Manganese: 0.02mg (1.13%), Potassium: 37.99mg (1.09%)