



So-Simple Salsa Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



28

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese
- 1 cup salsa thick
- 1 serving tortilla chips

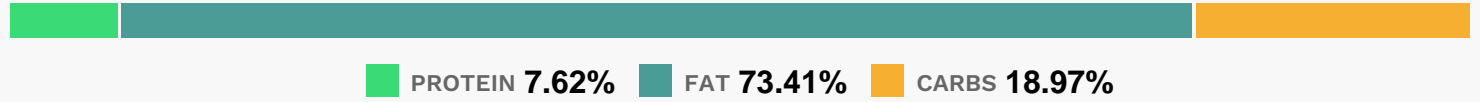
Equipment

- sauce pan

Directions

- In 1-quart saucepan, heat cream cheese and salsa over low heat about 5 minutes, stirring occasionally, until cream cheese is melted.
- Keep warm in heatproof dish.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:0.96, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.80521738334842%

Nutrients (% of daily need)

Calories: 35.76kcal (1.79%), Fat: 3.01g (4.63%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.67g (0.74%), Cholesterol: 8.18mg (2.73%), Sodium: 89.63mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin A: 153.38IU (3.07%), Vitamin E: 0.22mg (1.45%), Phosphorus: 13.89mg (1.39%), Vitamin B2: 0.02mg (1.31%), Selenium: 0.82µg (1.18%), Calcium: 11.52mg (1.15%), Vitamin B6: 0.02mg (1.13%), Potassium: 36.47mg (1.04%)