



## Southwestern Cheese Dip

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**24**

CALORIES



**322 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound bacon crumbled cooked sliced
- 4 ounces to 2 chilies slit green chopped canned
- 1 bunch spring onion with tops, sliced
- 8 ounces creamy pimiento cheese
- 1 pound processed cheese food plain cubed (Velveeta)
- 24 servings tortilla chips fresh assorted

### Equipment

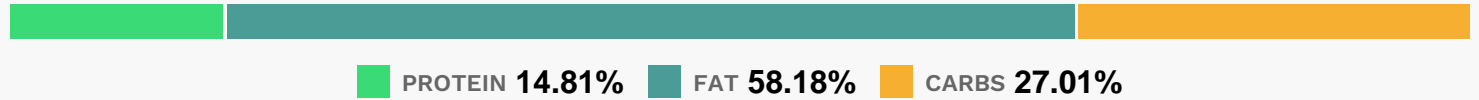
- bowl

microwave

## Directions

- Place cheeses in a 1-1/2-qt. microwave-safe bowl. Top with bacon, onions and chilies. Microwave at 50% power for 3-5 minutes or until cheese is melted, stirring every minute.
- Serve with vegetables or chips.

## Nutrition Facts



## Properties

Glycemic Index:2.46, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:8.1178261482197%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 321.53kcal (16.08%), Fat: 20.67g (31.8%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 19.9g (7.24%), Sugar: 1.69g (1.87%), Cholesterol: 42.76mg (14.25%), Sodium: 839mg (36.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Calcium: 264.34mg (26.43%), Phosphorus: 257.85mg (25.78%), Selenium: 14.64µg (20.91%), Vitamin B3: 2.24mg (11.19%), Vitamin B1: 0.15mg (9.89%), Zinc: 1.44mg (9.59%), Magnesium: 34.49mg (8.62%), Vitamin B12: 0.49µg (8.16%), Vitamin E: 1.22mg (8.16%), Vitamin B6: 0.16mg (8.1%), Vitamin K: 8.41µg (8.01%), Fiber: 1.69g (6.78%), Vitamin B2: 0.11mg (6.38%), Vitamin B5: 0.62mg (6.2%), Vitamin A: 282.3IU (5.65%), Potassium: 172.98mg (4.94%), Iron: 0.74mg (4.11%), Copper: 0.06mg (2.83%), Vitamin C: 1.37mg (1.66%), Folate: 5.51µg (1.38%), Vitamin D: 0.19µg (1.26%)