

Southwestern Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



18

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounces chilis green drained chopped canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup salad dressing
- ☐ 4 ounces cheddar cheese shredded

- ☐ 1.5 cups cream sour
- ☐ 18 servings tortilla chips

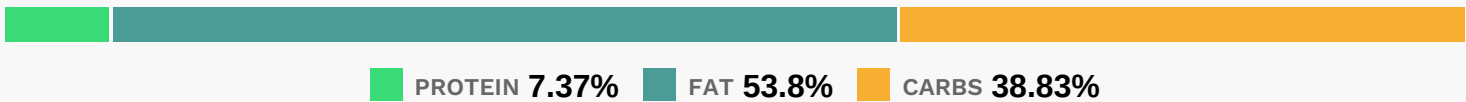
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients except cheese, chilies and tortilla chips. Stir in cheese and chilies.
- ☐ Cover and refrigerate 2 to 4 hours to blend flavors.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.61, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:4.4200000400129%

Nutrients (% of daily need)

Calories: 213.71kcal (10.69%), Fat: 13.09g (20.14%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 19.58g (7.12%), Sugar: 1.61g (1.79%), Cholesterol: 17.61mg (5.87%), Sodium: 265.38mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Phosphorus: 109.08mg (10.91%), Calcium: 98.39mg (9.84%), Vitamin K: 10.03µg (9.56%), Vitamin E: 1.28mg (8.56%), Magnesium: 28.32mg (7.08%), Fiber: 1.68g (6.71%), Selenium: 3.9µg (5.57%), Vitamin B2: 0.08mg (4.88%), Zinc: 0.7mg (4.68%), Vitamin A: 226.22IU (4.52%), Vitamin B5: 0.43mg (4.3%), Vitamin B6: 0.08mg (3.87%), Iron: 0.65mg (3.62%), Vitamin C: 2.64mg (3.2%), Vitamin B1: 0.05mg (3.2%), Potassium: 97.24mg (2.78%), Folate: 9.72µg (2.43%), Copper: 0.04mg (1.79%), Vitamin B12: 0.11µg (1.78%), Vitamin B3: 0.32mg (1.62%)