



Southwestern Dip



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



18

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounces chilis green drained chopped old el paso® 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

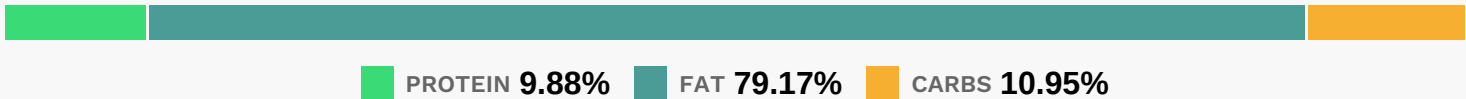
Equipment

☐ 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:-2, Nutrition Score:2.0495652323184%

Nutrients (% of daily need)

Calories: 81.56kcal (4.08%), Fat: 7.29g (11.22%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.39g (1.55%), Cholesterol: 17.61mg (5.87%), Sodium: 173.54mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Calcium: 68.71mg (6.87%), Phosphorus: 46.08mg (4.61%), Vitamin A: 225.38IU (4.51%), Vitamin K: 4.18µg (3.98%), Selenium: 2.67µg (3.81%), Vitamin B2: 0.06mg (3.73%), Vitamin C: 2.64mg (3.2%), Zinc: 0.32mg (2.1%), Vitamin E: 0.3mg (1.97%), Vitamin B12: 0.11µg (1.78%), Folate: 6.36µg (1.59%), Vitamin B6: 0.03mg (1.37%), Potassium: 46.28mg (1.32%), Iron: 0.23mg (1.25%), Magnesium: 4.8mg (1.2%)