



Southwestern Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



18

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cream sour
- ☐ 0.5 cup salad dressing
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 4 ounces cheddar cheese shredded

- ☐ 4 oz chilis green drained chopped canned
- ☐ 1 serving tortilla chips

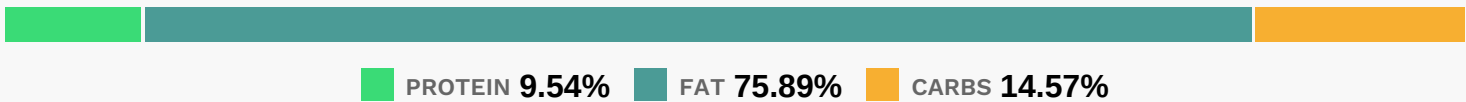
Equipment

- ☐ 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:-2, Nutrition Score:2.1491304182488%

Nutrients (% of daily need)

Calories: 88.73kcal (4.44%), Fat: 7.61g (11.71%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.4g (1.56%), Cholesterol: 17.61mg (5.87%), Sodium: 175.51mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Calcium: 70.07mg (7.01%), Phosphorus: 49.49mg (4.95%), Vitamin A: 224.43IU (4.49%), Vitamin K: 4.51µg (4.29%), Selenium: 2.73µg (3.9%), Vitamin B2: 0.06mg (3.78%), Vitamin C: 2.37mg (2.87%), Vitamin E: 0.35mg (2.34%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.11µg (1.78%), Folate: 6.12µg (1.53%), Magnesium: 6.07mg (1.52%), Vitamin B6: 0.03mg (1.46%), Potassium: 48.23mg (1.38%), Iron: 0.24mg (1.32%), Vitamin B5: 0.12mg (1.16%)