



Spicy Chicken and Chile Taco Dip

 **Gluten Free**

READY IN



60 min.

SERVINGS



10

CALORIES



463 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium anaheim chili cored seeded
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 30 ounce black beans drained and rinsed canned
- 8 ounces cream cheese cut into small pieces
- 3 medium garlic clove finely chopped
- 0.3 teaspoon ground cumin
- 3 tablespoons hot sauce such as cholula or tapatio, plus more for serving mexican-style
- 1 teaspoon kosher salt as needed plus more

- 6 ounces monterrey jack cheese shredded
- 0.5 teaspoon oregano
- 2 medium poblano pepper cored seeded
- 2 medium roma tomatoes cored seeded
- 1 medium serrano chiles stemmed
- 1 pound chicken thighs boneless skinless
- 0.3 cup cream sour
- 10 servings tortilla chips for serving
- 2 tablespoons vegetable oil
- 1 medium onion white

Equipment

- bowl
- paper towels
- oven
- pot
- baking pan
- dutch oven
- cutting board

Directions

- Heat the oven to 375°F and arrange a rack in the middle.
- Combine the measured salt, oregano, measured pepper, and cumin in a small bowl. Pat the chicken dry with paper towels and evenly sprinkle the spice mixture on both sides.
- Heat the oil in a Dutch oven or large heavy-bottomed pot over medium-high heat until shimmering.
- Add the chicken in a single layer and cook undisturbed until browned, about 5 to 7 minutes. Flip and continue to cook until the chicken is browned and cooked through, about 3 to 4 minutes more.
- Transfer to a cutting board.Reduce the heat to medium.

- Add the chiles, onion, and garlic to the pot, season with salt and pepper, and cook, stirring occasionally, until softened, about 10 minutes. Meanwhile, when the chicken is cool enough to handle, cut it into small dice and set aside.
- Add the tomatoes to the pot, stir to combine, and cook until warmed through, about 2 minutes.
- Add the reserved chicken, stir to combine, and turn off the heat.
- Add the beans, 1 cup of the shredded cheese, the cream cheese, sour cream, and measured hot sauce and stir to combine.
- Transfer the mixture to an 8-by-8-inch baking dish and spread it into an even layer.
- Sprinkle with the remaining cup of shredded cheese.
- Bake until the cheese on top is melted, the edges are bubbling, and the dip is heated through, about 20 minutes.
- Serve immediately with tortilla chips and extra hot sauce on the side.

Nutrition Facts

PROTEIN 18.85% **FAT 48.23%** **CARBS 32.92%**

Properties

Glycemic Index:20.1, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:17.582608583181%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 462.54kcal (23.13%), Fat: 25.18g (38.75%), Saturated Fat: 10.37g (64.78%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 30.08g (10.94%), Sugar: 3.24g (3.6%), Cholesterol: 85.66mg (28.55%), Sodium: 1009.47mg (43.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Phosphorus: 358.74mg (35.87%), Vitamin C: 28.83mg (34.95%), Fiber: 8.6g (34.41%), Selenium: 17.48µg (24.98%), Calcium: 230.75mg (23.07%), Vitamin B6: 0.43mg (21.31%), Vitamin B2: 0.35mg (20.63%), Magnesium: 77.06mg (19.27%), Vitamin B3: 3.57mg (17.86%), Folate: 69.6µg (17.4%), Potassium: 578.36mg (16.52%), Vitamin K: 16.86µg (16.05%), Vitamin B1: 0.24mg (15.71%), Iron: 2.81mg (15.62%), Zinc: 2.28mg (15.18%), Manganese: 0.3mg (14.99%), Vitamin A: 704.49IU (14.09%), Copper: 0.26mg (13.03%), Vitamin B5: 1.28mg (12.84%), Vitamin E: 1.75mg (11.65%), Vitamin B12: 0.5µg

(8.29%)