

Spicy Chili-Cheese Dip



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 ounce chile peppers green chopped canned



15 ounce chili canned



8 ounce cream cheese softened



32 ounce refried beans canned



1 cup cheddar cheese shredded

Equipment



bowl



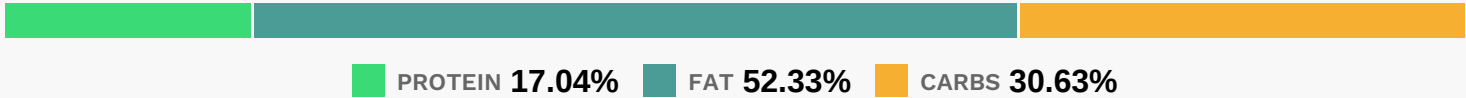
oven

- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine refried beans, chili, cream cheese, and green chile peppers in the bowl of a stand mixer; mix well.
- ☐ Pour bean mixture into a 9-inch square baking dish and top with Cheddar cheese.
- ☐ Bake in the preheated oven until dip is bubbling and cheese is melted, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:8.1086956262589%

Nutrients (% of daily need)

Calories: 171.38kcal (8.57%), Fat: 9.88g (15.21%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.15g (3.33%), Sugar: 4.51g (5.01%), Cholesterol: 28.51mg (9.5%), Sodium: 596.33mg (25.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin C: 54.15mg (65.64%), Fiber: 3.87g (15.47%), Vitamin A: 760.19IU (15.2%), Calcium: 118.22mg (11.82%), Vitamin B6: 0.21mg (10.39%), Phosphorus: 79.63mg (7.96%), Vitamin B2: 0.12mg (6.96%), Iron: 1.21mg (6.71%), Selenium: 4.5µg (6.42%), Vitamin K: 5.58µg (5.32%), Potassium: 156.98mg (4.49%), Folate: 16.93µg (4.23%), Zinc: 0.54mg (3.6%), Manganese: 0.07mg (3.46%), Magnesium: 12.77mg (3.19%), Vitamin E: 0.48mg (3.18%), Copper: 0.05mg (2.61%), Vitamin B3: 0.52mg (2.61%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.23mg (2.26%), Vitamin B1: 0.03mg (2.24%)