



## Spicy Mushroom-Chorizo Cheese Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup mexican chorizo cooked uncooked ()
- 8 oz philadelphia cream cheese softened
- 1 cup mushrooms fresh cooked sliced ()
- 1 clove garlic minced
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup real mayo mayonnaise kraft
- 3 roasted poblano chiles fresh sliced

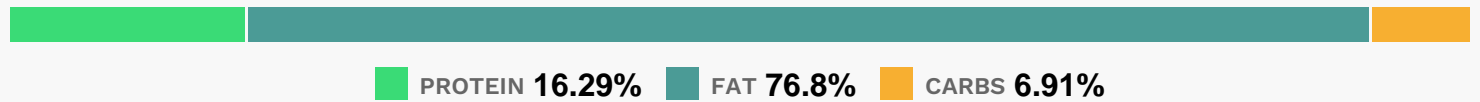
### Equipment

- bowl
- oven
- casserole dish

## Directions

- Heat oven to 350F.
- Mix first 4 ingredients in medium bowl until blended.
- Spoon into 9-inch pie plate or casserole dish.
- Bake 10 min.; stir. Arrange chiles, mushrooms and chorizo over cheese mixture in 3 separate sections.
- Bake 10 min.
- Serve with warmed corn tortillas.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.4182608613501%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 76.58kcal (3.83%), Fat: 6.57g (10.11%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.73g (0.82%), Cholesterol: 15.87mg (5.29%), Sodium: 86.91mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin C: 9.67mg (11.72%), Calcium: 68.12mg (6.81%), Vitamin K: 5.22µg (4.97%), Phosphorus: 48.9mg (4.89%), Vitamin A: 197IU (3.94%), Vitamin B2: 0.06mg (3.36%), Selenium: 2.11µg (3.01%), Vitamin B6: 0.04mg (2.05%), Zinc: 0.28mg (1.89%), Potassium: 48.23mg (1.38%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.11mg (1.14%), Copper: 0.02mg (1.1%)