



VELVEETA Easy Cheesy Fajita Dip

 Gluten Free

READY IN



18 min.

SERVINGS



18

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 0.5 cup knudsen cream sour
- 1 small onion chopped
- 0.3 cup pasilla peppers green red chopped
- 16 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl

microwave

Directions

- Microwave all ingredients except sour cream in large microwaveable bowl on HIGH 6 to 8 min. or until VELVEETA is melted, stirring after 3 min.
- Stir in sour cream.
- Serve hot with crackers or assorted cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.3656521878489%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 30.21kcal (1.51%), Fat: 1.58g (2.44%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.43g (0.48%), Cholesterol: 11.8mg (3.93%), Sodium: 9.19mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin B3: 1.32mg (6.58%), Selenium: 2.86µg (4.09%), Vitamin B6: 0.07mg (3.43%), Phosphorus: 27.94mg (2.79%), Vitamin C: 2.01mg (2.44%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.12mg (1.19%), Potassium: 41.48mg (1.19%)