



VELVEETA Southwestern Chicken Dip

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



17

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz grilled chicken breast fresh chopped
- 2 green onions chopped
- 10 oz ro*tel tomatoes & chilies diced green drained canned
- 16 oz velveeta cut into 1/2-inch cubes
- 16 oz velveeta cut into 1/2-inch cubes

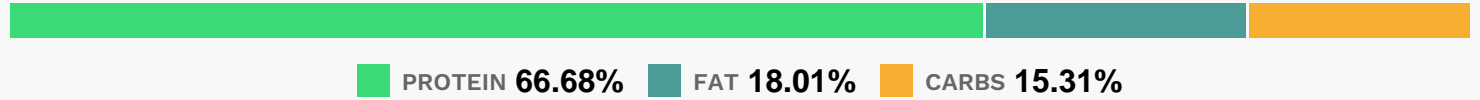
Equipment

- bowl
- microwave

Directions

- Mix all ingredients in microwaveable bowl.
- Microwave on HIGH 6 to 7 min. or until VELVEETA is completely melted and mixture is well blended, stirring every 3 min.
- Serve with tortilla chips or assorted cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.8178260834969%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 19.96kcal (1%), Fat: 0.39g (0.6%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.47g (0.52%), Cholesterol: 8.5mg (2.83%), Sodium: 8.46mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 4.27µg (4.07%), Selenium: 2.77µg (3.96%), Vitamin B6: 0.07mg (3.71%), Vitamin A: 155.09IU (3.1%), Vitamin C: 2.55mg (3.09%), Phosphorus: 27.34mg (2.73%), Potassium: 69.03mg (1.97%), Magnesium: 5.02mg (1.25%), Manganese: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.12%)