

Mexican Chili Cheese Dip

Yield: 8 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chili-cheese-dip-recipe>

Ingredients:

- 1 3/4 cups chili
- 1/2 cup evaporated milk
- 2 green onions chopped
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 2 cups shredded Monterey Jack cheese
- 2 ounces cream cheese cut into smaller chunks
- 4 ounces diced mild green chiles drained
- 1 jalapeno finely chopped, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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