

Spicy White Cheese Dip

Southern Living
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Yield: 8 cups

1 small onion, diced
2 cloves garlic, minced
2 cans (10 ounce ea) diced tomatoes and green chilies
3/4 cup milk
1/2 teaspoon ground cumin
1/2 teaspoon coarsely ground black pepper
2 pounds white american deli cheese slices, torn
assorted tortilla and corn chips

Preparation Time: 8 minutes

Cook Time: 3 hours

In a six-quart slow cooker, place the onion, cloves, tomatoes, milk, cumin, black pepper and cheese slices.

Cover and cook on LOW for three hours, stirring gently every hour.

Stir before serving.

Serve with tortilla and corn chips.

Per Serving (excluding unknown items): 167 Calories; 7g Fat (34.1% calories from fat); 8g Protein; 20g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 96mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	167	Vitamin B6 (mg):	.3mg
% Calories from Fat:	34.1%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	47.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	7g	Folacin (mcg):	30mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	n n%
Carbohydrate (g):	20g		
Dietary Fiber (g):	2g		

Food Exchanges

Grain (Starch): 0

Protein (g): 8g
Sodium (mg): 96mg
Potassium (mg): 492mg
Calcium (mg): 261mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 243IU
Vitamin A (r.e.): 71RE

Lean Meat: 0
Vegetable: 2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 167 Calories from Fat: 57

% Daily Values*

Total Fat	7g		10%
Saturated Fat	4g		19%
Cholesterol	25mg		8%
Sodium	96mg		4%
Total Carbohydrates	20g		7%
Dietary Fiber	2g		9%
Protein	8g		
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Vitamin A			5%
Vitamin C			18%
Calcium			26%
Iron			6%

** Percent Daily Values are based on a 2000 calorie diet.*