

Chile con Queso

 Gluten Free

READY IN



105 min.

SERVINGS



15

CALORIES



440 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 32 oz cheese cubed prepared
- 8 oz chilis diced green canned
- 15 servings tortilla chips assorted
- 1 cup curd cottage cheese
- 5 oz evaporated milk canned
- 1 halves grape tomatoes
- 1 small onion finely chopped

4 oz pimientos diced undrained

Equipment

frying pan

blender

slow cooker

Directions

Melt butter in a large skillet over medium heat; add onion, and saut until tender. Stir in diced pimiento and roasted green chiles, and saut 1 minute. Set aside.

Process 1 cup cottage cheese in blender until creamy.

Place onion mixture, cottage cheese, and cubed cheese in a 4-qt. slow cooker; stir in evaporated milk. Cover and cook on LOW 1 hour and 20 minutes, stirring gently every 20 minutes. Stir before serving.

Serve with assorted tortilla and corn chips and desired toppings.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:12.558695585831%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 439.76kcal (21.99%), Fat: 30.79g (47.38%), Saturated Fat: 13.72g (85.72%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 21.5g (7.82%), Sugar: 2.19g (2.43%), Cholesterol: 65.6mg (21.87%), Sodium: 638.67mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Calcium: 501.74mg (50.17%), Phosphorus: 386.93mg (38.69%), Selenium: 20.01µg (28.58%), Vitamin B2: 0.35mg (20.69%), Vitamin A: 1004.77IU (20.1%), Zinc: 2.77mg (18.49%), Vitamin C: 13.57mg (16.45%), Vitamin B12: 0.72µg (12%), Magnesium: 44.96mg (11.24%), Vitamin E: 1.65mg (11%), Fiber: 2.02g (8.09%), Vitamin K: 8.16µg (7.77%), Vitamin B5: 0.74mg (7.42%),

Vitamin B6: 0.15mg (7.35%), Folate: 28.12µg (7.03%), Potassium: 180.96mg (5.17%), Iron: 0.92mg (5.09%), Vitamin B1: 0.07mg (4.71%), Copper: 0.06mg (2.95%), Vitamin D: 0.39µg (2.58%), Vitamin B3: 0.46mg (2.28%)