



## Chili Con Queso Salsa

READY IN



45 min.

SERVINGS



3

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 4 oz an chilies diced green
- 2 cups fat-skimmed chicken broth
- 2 tablespoons flour all-purpose
- 6 oz cheddar cheese shredded

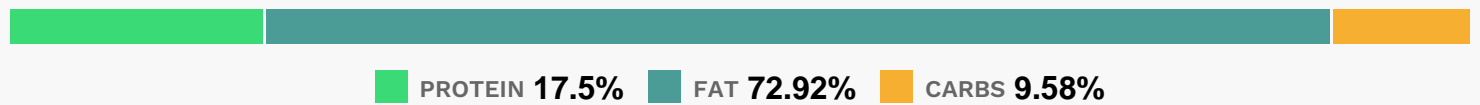
### Equipment

- frying pan
- whisk

## Directions

- In a 2- to 3-quart pan over medium-high heat, melt butter or margarine.
- Add flour and stir until bubbling.
- Remove pan from heat and whisk in chicken broth and diced green chilies. Stir over high heat until boiling, 3 to 4 minutes.
- Add shredded cheddar cheese and stir until melted.
- Serve hot, or let cool, cover, and chill up to 1 day; if chilled, stir over high heat until steaming.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:9.7508696058522%

## Nutrients (% of daily need)

Calories: 332.9kcal (16.64%), Fat: 27.1g (41.69%), Saturated Fat: 12.45g (77.83%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 6.63g (2.41%), Sugar: 1.69g (1.87%), Cholesterol: 56.7mg (18.9%), Sodium: 1203.75mg (52.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Calcium: 410.47mg (41.05%), Selenium: 21.07µg (30.1%), Phosphorus: 283.88mg (28.39%), Vitamin B2: 0.31mg (18.23%), Vitamin A: 901.98IU (18.04%), Vitamin B12: 0.91µg (15.22%), Zinc: 2.15mg (14.31%), Vitamin B3: 1.17mg (5.86%), Folate: 22.66µg (5.67%), Fiber: 1.38g (5.53%), Vitamin C: 4.55mg (5.52%), Vitamin E: 0.72mg (4.78%), Magnesium: 18.2mg (4.55%), Vitamin B1: 0.07mg (4.48%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.06mg (3.17%), Iron: 0.53mg (2.97%), Manganese: 0.06mg (2.82%), Potassium: 98.33mg (2.81%), Copper: 0.05mg (2.73%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.38µg (1.31%)