



Chorizo Mushroom Queso Dip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound mexican chorizo spanish
- 1 bag corn tortillas blue
- 0.5 tablespoon olive oil extra-virgin
- 1 cup pepper jack cheese diced
- 2 scallions thinly sliced
- 0.5 pound mushroom caps quartered

Equipment

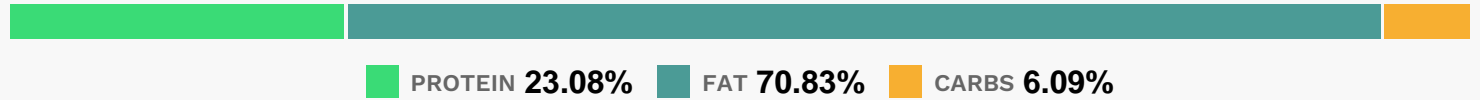
- frying pan

- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Heat the extra-virgin olive oil in small skillet over medium-high heat. Dice the Spanish chorizo and add to the pan to render the fat. If using fresh Mexican chorizo, remove the casing and crumble while it's browning.
- Add the mushrooms to the skillet and cook with the sausage until just tender, 6 to 7 minutes.
- Transfer the sausage mixture to a small casserole or baking dish and top with the cheese.
- Bake until bubbly.
- Remove from the oven and top with the scallions.
- Serve with chips for dipping.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:5.2830435219018%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 203.05kcal (10.15%), Fat: 15.84g (24.38%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2g (0.73%), Sugar: 1.09g (1.21%), Cholesterol: 40.39mg (13.46%), Sodium: 117.52mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Calcium: 144.28mg (14.43%), Phosphorus: 127.96mg (12.8%), Vitamin B2: 0.16mg (9.34%), Vitamin K: 9.45µg (9%), Vitamin B3: 1.51mg (7.53%), Selenium: 4.92µg (7.03%), Zinc: 0.97mg (6.48%), Vitamin B6: 0.13mg (6.42%), Vitamin A: 319.71IU (6.39%), Vitamin B5: 0.61mg (6.1%), Iron: 1.09mg (6.04%), Manganese: 0.1mg (4.8%), Fiber: 1.06g (4.24%), Potassium: 141.53mg (4.04%), Magnesium: 13.56mg (3.39%), Copper: 0.06mg (3.16%), Folate: 10.87µg (2.72%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.24mg (1.6%)