



## Chorizo Queso Dip

 Gluten Free

READY IN



95 min.

SERVINGS



16

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 ounces bulk chorizo sausage
- 10 ounce canned tomatoes diced with green chile peppers (such as ro\*tel®), drained canned
- 8 ounce cream cheese cubed
- 8 ounce processed cheese cubed velveeta® (such as )

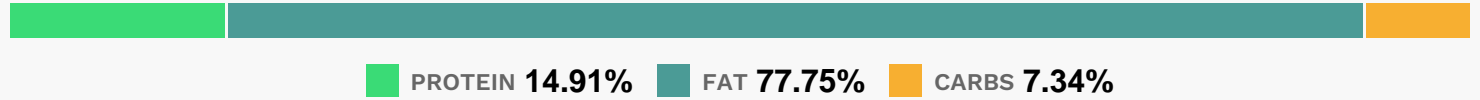
## Equipment

- frying pan
- slow cooker

## Directions

- Cook and stir chorizo sausage in a skillet over medium heat until cooked completely, 5 to 7 minutes; drain and transfer to a slow cooker.
- Stir diced tomatoes, cream cheese, and processed cheese in with the chorizo.
- Cook on Low until cheese is melted, stirring occasionally, 1 1/2 to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:3.1134783129977%

## Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 11.7g (18.01%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.44g (1.6%), Cholesterol: 40.99mg (13.66%), Sodium: 340.55mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Calcium: 165.45mg (16.54%), Phosphorus: 106.03mg (10.6%), Vitamin A: 413.6IU (8.27%), Vitamin C: 5.34mg (6.47%), Selenium: 4.08µg (5.83%), Vitamin B12: 0.24µg (4.06%), Vitamin B2: 0.07mg (3.87%), Zinc: 0.42mg (2.83%), Fiber: 0.58g (2.34%), Iron: 0.3mg (1.66%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.14mg (1.38%), Magnesium: 4.96mg (1.24%), Potassium: 37.42mg (1.07%)