



Chorizo Queso Fundido



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mexican beer
- ☐ 0.5 pound chorizo
- ☐ 2 tablespoon cilantro leaves chopped
- ☐ 1 clove garlic chopped
- ☐ 1 jalapeño diced seeded
- ☐ 0.5 pound monterrey jack cheese shredded
- ☐ 1 small onion diced
- ☐ 1 tomatoes diced seeded

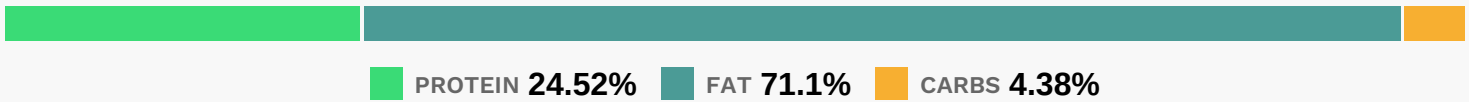
Equipment

☐ frying pan

Directions

- ☐ Cook the chorizo in a pan over medium heat, breaking it apart as you go, about 5–7 minutes.
- ☐ Add the onion, jalapeno and tomato and cook until the onions are tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the tequila, deglaze the pan and cook until most of the moisture is gone, about 2 minutes.
- ☐ Sprinkle on the cheese and cook, stirring, until it melts, about 2–3 minutes.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:8.8426086798958%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 394.54kcal (19.73%), Fat: 30.44g (46.83%), Saturated Fat: 15.91g (99.45%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.99g (2.21%), Cholesterol: 85.9mg (28.63%), Sodium: 343.91mg (14.95%), Alcohol: 0.58g (100%), Alcohol %: 0.4% (100%), Protein: 23.62g (47.24%), Calcium: 432.58mg (43.26%), Phosphorus: 268.42mg (26.84%), Vitamin A: 946.3IU (18.93%), Vitamin B2: 0.24mg (14.06%), Selenium: 8.52µg (12.17%), Vitamin C: 9.95mg (12.06%), Zinc: 1.8mg (11.99%), Iron: 1.65mg (9.17%), Vitamin B12: 0.47µg (7.89%), Vitamin B6: 0.12mg (6.07%), Magnesium: 22.09mg (5.52%), Folate: 20.12µg (5.03%), Vitamin K: 5.2µg (4.95%), Potassium: 161.07mg (4.6%), Manganese: 0.08mg (4.09%), Fiber: 0.79g (3.14%), Vitamin E: 0.45mg (2.99%), Copper: 0.05mg (2.41%), Vitamin D: 0.34µg (2.27%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.38mg (1.92%),

Vitamin B5: 0.19mg (1.91%)