



## Chunky Cheese Queso

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 ounce pasteurized cheese product cubed prepared
- ☐ 1 pound sausage meat hot
- ☐ 16 ounce process cheese spread
- ☐ 20 ounce salsa hot

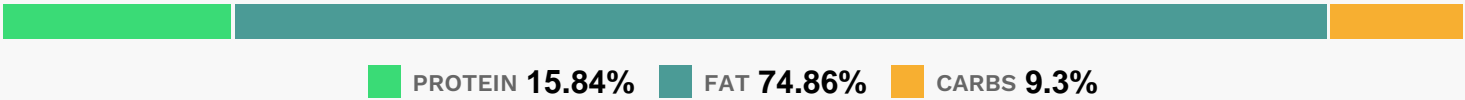
## Equipment

- ☐ frying pan
- ☐ stove
- ☐ slow cooker

# Directions

- ☐ Brown sausage in a large skillet, stirring until it crumbles and is no longer pink; rinse and drain.
- ☐ Stir together sausage and remaining ingredients in a 2 1/2 quart slow cooker.
- ☐ Cover and cook at LOW 2 hours or until cheese melts.
- ☐ Serve with tortilla chips.
- ☐ NOTE: To cook on the stovetop, prepare sausage as directed above. Return sausage to skillet; add remaining ingredients. Cool over low heat, stirring occasionally, 8 to 10 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:19.652608747068%

## Nutrients (% of daily need)

Calories: 799.29kcal (39.96%), Fat: 63.8g (98.16%), Saturated Fat: 28.06g (175.35%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.13g (5.87%), Sugar: 10.72g (11.91%), Cholesterol: 171.26mg (57.09%), Sodium: 2378.61mg (103.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.77%), Calcium: 842.62mg (84.26%), Phosphorus: 478.54mg (47.85%), Vitamin A: 1954.98IU (39.1%), Selenium: 22.24µg (31.78%), Zinc: 4.6mg (30.69%), Vitamin B2: 0.46mg (26.82%), Vitamin B12: 1.44µg (24.07%), Vitamin B3: 4.65mg (23.27%), Vitamin B6: 0.45mg (22.49%), Vitamin B1: 0.26mg (17.53%), Potassium: 489.5mg (13.99%), Vitamin E: 1.86mg (12.42%), Magnesium: 45.17mg (11.29%), Vitamin B5: 1.01mg (10.1%), Vitamin D: 1.44µg (9.58%), Vitamin C: 7.27mg (8.81%), Iron: 1.36mg (7.54%), Copper: 0.14mg (6.81%), Fiber: 1.7g (6.8%), Manganese: 0.12mg (5.91%), Vitamin K: 6.09µg (5.8%), Folate: 20.41µg (5.1%)