



Dairy-Free Tomato Queso Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



160 min.

SERVINGS



8

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cashew pieces
- ☐ 14.5 ounce canned tomatoes plain diced green undrained canned (Robin uses chiles and less chili powder, but I only had tomatoes)
- ☐ 0.5 cup nutritional yeast red (I use Bob's Mill)
- ☐ 1 teaspoon mustard yellow
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 tablespoon chili powder hot (mild, medium, or – your choice!)

- ☐ 0.5 teaspoon salt to taste
- ☐ 0.3 to
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings pepper freshly ground to taste

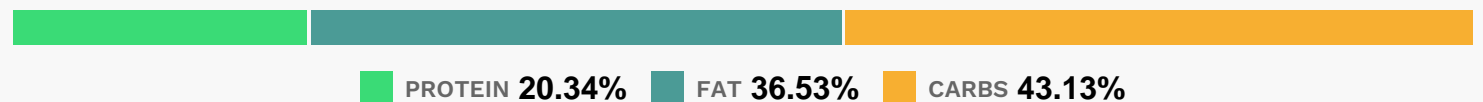
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Grind the cashews in your spice grinder until powdered, about 30 seconds.
- ☐ Place the tomatoes with juice in your blender or food processor and puree until smooth.
- ☐ Add the ground cashews, nutritional yeast, mustard, onion powder, garlic powder, cumin, chili powder, and salt, and blend until smooth.
- ☐ Lightly oil the insert of the slow cooker or spray it with cooking spray, and transfer the queso mixture to the cooker.
- ☐ Stir in the water until well incorporated (use less for a thicker dip, you can add more later if it thickens too much).
- ☐ Cover and cook on Low, stirring occasionally, for 2 hours, or until the mixture is thick and hot. If the mixture isn't thick after 2 hours, turn the setting to High, remove the lid, and cook for 20 to 30 minutes longer.
- ☐ When ready to serve, spoon about $\frac{1}{2}$ cup of the queso into a small bowl, stir in the lemon juice, then stir the mixture back into the slow cooker.
- ☐ Taste, add pepper to taste, and adjust the seasonings, if needed.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:4.0704347543094%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.41kcal (2.42%), Fat: 2.16g (3.32%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 365.58mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin C: 18.4mg (22.3%), Fiber: 2.01g (8.04%), Iron: 1.34mg (7.45%), Folate: 29.68µg (7.42%), Manganese: 0.1mg (5.11%), Copper: 0.1mg (5.02%), Vitamin B6: 0.1mg (4.95%), Potassium: 162.82mg (4.65%), Vitamin A: 215.68IU (4.31%), Magnesium: 16.19mg (4.05%), Phosphorus: 35.02mg (3.5%), Calcium: 25.12mg (2.51%), Zinc: 0.33mg (2.23%), Vitamin B3: 0.44mg (2.19%), Selenium: 1.41µg (2.01%), Vitamin K: 2.09µg (1.99%), Vitamin B1: 0.03mg (1.92%), Vitamin E: 0.24mg (1.6%), Vitamin B2: 0.02mg (1.44%)