



Dip de Arequipe con Queso (Dulce de Leche and Cheese Dip)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

☐ 0.8 cup dulce de leche homemade store bought

☐ 8 oz mozzarella cheese thick cut into slices

Equipment

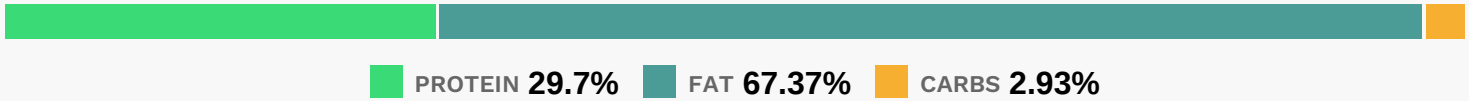
☐ oven

☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees.In a small casserole or baking dish add the arequipe and add the cheese. Cook for 7 minutes or until bubbling.
- ☐ Serve immediately with crackers on the side.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:5.5004347005616%

Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 12.67g (19.5%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.58g (0.65%), Cholesterol: 44.79mg (14.93%), Sodium: 355.5mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Calcium: 286.33mg (28.63%), Vitamin B12: 1.29µg (21.55%), Phosphorus: 200.71mg (20.07%), Selenium: 9.64µg (13.77%), Zinc: 1.66mg (11.04%), Vitamin B2: 0.16mg (9.44%), Vitamin A: 383.29IU (7.67%), Magnesium: 11.34mg (2.83%), Vitamin D: 0.23µg (1.51%), Iron: 0.25mg (1.39%), Vitamin K: 1.3µg (1.24%), Potassium: 43.09mg (1.23%), Vitamin B1: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.05%)