

Dos Queso Dip

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 teaspoon mexican oregano dried crushed
- 2 cups pepper jack cheese shredded
- 1 cup salsa
- 6 servings salt and pepper to taste
- 16 ounce cup heavy whipping cream sour
- 1 ounce taco seasoning

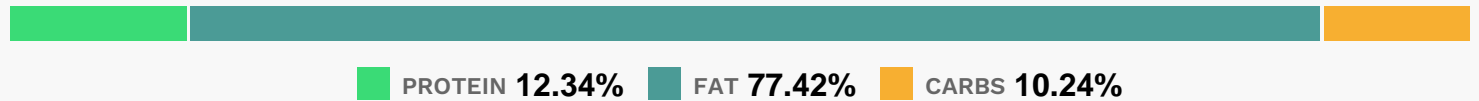
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, blend sour cream and cream cheese until smooth.
- Mix in taco seasoning mix. Stir in salsa, Mexican oregano, salt and pepper.
- Transfer to a 9x13 inch baking dish. Top with Pepper Jack cheese.
- Bake in the preheated oven 10 minutes, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:10.809130482052%

Nutrients (% of daily need)

Calories: 444.81kcal (22.24%), Fat: 39.18g (60.27%), Saturated Fat: 22.48g (140.5%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.84g (3.58%), Sugar: 6.74g (7.49%), Cholesterol: 116.3mg (38.77%), Sodium: 1227.47mg (53.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.1%), Calcium: 411.59mg (41.16%), Vitamin A: 1925.2IU (38.5%), Phosphorus: 279.5mg (27.95%), Vitamin B2: 0.38mg (22.15%), Selenium: 11.92µg (17.02%), Zinc: 1.66mg (11.1%), Vitamin B12: 0.55µg (9.24%), Vitamin E: 1.3mg (8.67%), Potassium: 290.94mg (8.31%), Vitamin B6: 0.16mg (8.08%), Fiber: 1.81g (7.24%), Magnesium: 28.54mg (7.13%), Vitamin K: 6.76µg (6.44%), Vitamin B5: 0.64mg (6.39%), Iron: 0.99mg (5.51%), Vitamin C: 3.64mg (4.41%), Folate: 17.24µg (4.31%), Manganese: 0.08mg (4.14%), Vitamin B3: 0.64mg (3.2%), Copper: 0.06mg (3.14%), Vitamin B1: 0.05mg (3.01%), Vitamin D: 0.23µg (1.51%)