



Easy Queso Shells With Fresh Cilantro and Tomatoes



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz canned tomatoes diced green canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup mild cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 12 oz velveeta shells & cheese dinner

Equipment

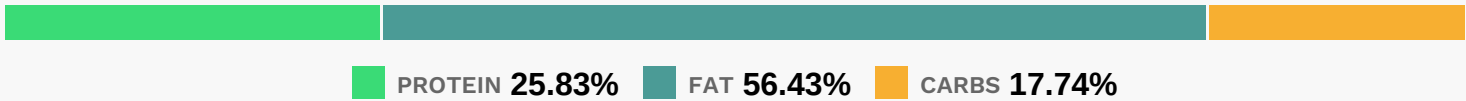
- ☐ food processor

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Prepare shells and cheese according to package directions in a medium saucepan.
- ☐ Process diced tomatoes and green chiles in a food processor or blender until minced. Stir minced tomatoes into prepared shells and cheese in pan. Stir together sour cream and chopped cilantro; add to shells and cheese mixture, stirring until well blended.
- ☐ Coat a 2-qt. baking dish with cooking spray.
- ☐ Pour shells and cheese mixture into dish; sprinkle with shredded Cheddar cheese.
- ☐ Microwave mixture at HIGH 2 to 4 minutes or until cheese is melted. Top with tomato slices and cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:11.45304355414%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 255.93kcal (12.8%), Fat: 16.27g (25.03%), Saturated Fat: 9.6g (59.98%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.59g (3.85%), Sugar: 7.62g (8.47%), Cholesterol: 53.96mg (17.99%), Sodium: 1091.03mg (47.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.52%), Phosphorus: 696.86mg (69.69%), Calcium: 494.47mg (49.45%), Vitamin B2: 0.51mg (29.97%), Vitamin A: 1011.48IU (20.23%), Zinc: 2.3mg (15.31%), Potassium: 375.99mg (10.74%), Selenium: 6.33µg (9.04%), Vitamin C: 4.76mg (5.77%), Vitamin E: 0.82mg (5.48%), Vitamin K: 5.31µg (5.06%), Copper: 0.1mg (4.88%), Manganese: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.64%), Iron: 0.75mg (4.16%), Magnesium: 16.62mg (4.16%), Vitamin B12: 0.24µg (4%), Fiber: 0.92g (3.67%), Vitamin B3: 0.61mg (3.06%), Vitamin B1: 0.05mg (3.01%), Folate: 11.66µg (2.92%), Vitamin B5: 0.28mg (2.77%)