



# Jalapeno Queso Fundido

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup mexican beer lager-style (such as Corona)
- 8 servings canola oil
- 12 6-inch corn tortillas cut into 6 wedges
- 1 small jalapeno seeded finely chopped
- 0.8 teaspoon kosher salt
- 1 lime zest
- 3.5 cups monterey jack grated
- 1 small onion finely chopped

- 1 plum tomatoes seeded finely chopped
- 1.5 cups sharp cheddar white grated

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- kitchen thermometer
- broiler
- slotted spoon

## Directions

- Pour oil to a depth of 2 inches into a medium saucepan.
- Heat over medium-high heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F. In a small bowl, mix the lime zest and 3/4 teaspoon salt together. Working in batches, fry the tortilla wedges until golden and crisp, about 1 minute, and transfer them to a paper towel-lined baking sheet with a slotted spoon.
- Sprinkle the chips with the lime salt while they are still hot. Set aside.
- Heat 1 tablespoon canola oil in a 10-inch cast-iron or ovenproof skillet over medium-high heat.
- Add the onions, jalapeno and a pinch of salt and cook until the onions just start to brown, about 5 minutes.
- Add the tomato and cook until softened, about 1 minute.
- Add the beer and cook until all the liquid has evaporated, about 7 minutes.
- Remove the skillet from the heat. Toss the muenster and Cheddar together and add them to the skillet. Stir once or twice to combine.
- When ready to serve, preheat the broiler.

Place the skillet under the broiler until the cheese is bubbling and lightly browned on top, 2 to 3 minutes.

Serve hot with the chips.

## Nutrition Facts

**PROTEIN 15.73%** **FAT 67.5%** **CARBS 16.77%**

### Properties

Glycemic Index:34.25, Glycemic Load:8.47, Inflammation Score:-6, Nutrition Score:13.02782616408%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 493.88kcal (24.69%), Fat: 37.34g (57.45%), Saturated Fat: 14.73g (92.04%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.9g (6.51%), Sugar: 1.45g (1.61%), Cholesterol: 65.19mg (21.73%), Sodium: 672.3mg (29.23%), Alcohol: 0.58g (100%), Alcohol %: 0.44% (100%), Protein: 19.58g (39.16%), Calcium: 556.68mg (55.67%), Phosphorus: 447.43mg (44.74%), Selenium: 15.72µg (22.45%), Vitamin E: 2.97mg (19.81%), Vitamin B2: 0.32mg (18.94%), Zinc: 2.81mg (18.76%), Vitamin A: 681.04IU (13.62%), Magnesium: 50.53mg (12.63%), Vitamin K: 12.75µg (12.14%), Fiber: 2.98g (11.93%), Vitamin B12: 0.64µg (10.63%), Vitamin B6: 0.17mg (8.68%), Manganese: 0.16mg (7.95%), Vitamin C: 6.22mg (7.54%), Iron: 0.97mg (5.38%), Potassium: 176.95mg (5.06%), Folate: 20.15µg (5.04%), Copper: 0.1mg (4.9%), Vitamin B1: 0.06mg (4.07%), Vitamin B3: 0.81mg (4.06%), Vitamin D: 0.42µg (2.83%), Vitamin B5: 0.28mg (2.81%)