



## Mexicali Cheese Dip

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 2 Tbsp cilantro leaves fresh chopped
- 1 green onion sliced
- 1 jalapeño pepper minced seeded
- 8 oz queso quesadilla cheese shredded with a touch of philadelphia kraft
- 1 large tomatoes chopped

## Equipment

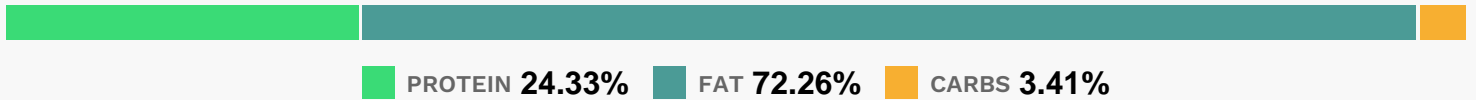
- frying pan

- paper towels
- slotted spoon

## Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings from skillet.
- Add tomatoes and peppers to reserved drippings in skillet; cook and stir 3 min. or until tomatoes are softened and most the liquid is cooked off. Stir in cheese; cook and stir 1 min. or until melted.
- Spoon into shallow serving dish; top with bacon, onions and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.8304347894762%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 94.52kcal (4.73%), Fat: 7.67g (11.8%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.42g (0.47%), Cholesterol: 25.06mg (8.35%), Sodium: 144.01mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Calcium: 138.02mg (13.8%), Vitamin K: 3.61µg (3.44%), Vitamin A: 143.98IU (2.88%), Vitamin C: 2.28mg (2.77%), Selenium: 1.48µg (2.12%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.03mg (1.77%), Vitamin B6: 0.03mg (1.63%), Potassium: 54.68mg (1.56%), Manganese: 0.03mg (1.53%), Phosphorus: 14.73mg (1.47%)