



Panela with Chipotle Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



413 kcal

Ingredients

- 2 tablespoons chiles in adobo sauce
- 10 servings pepper black freshly ground
- 2 chipotle chiles in adobo sauce canned
- 10 servings tortilla chips
- 1 cup crème fraîche
- 2 tablespoons cilantro leaves fresh chopped
- 24 ounce mozzarella cheese fresh
- 1 teaspoon juice of lime
- 0.5 teaspoon salt

0.5 cup cup heavy whipping cream sour

Equipment

blender

Directions

Watch how to make this recipe.

Place each cheese wedge on a serving platter. Process the Mexican crema, sour cream, lime juice, chipotle chiles, adobo, and cilantro in a blender until smooth. Season with salt and pepper, to taste. Divide the mixture and pour over the cheese wedges.

Serve with corn tortilla chips.

Nutrition Facts



PROTEIN 17.44% **FAT 59.76%** **CARBS 22.8%**

Properties

Glycemic Index:9.1, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:9.9126086934753%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 413.2kcal (20.66%), Fat: 27.68g (42.58%), Saturated Fat: 11g (68.77%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 21.87g (7.95%), Sugar: 2.33g (2.59%), Cholesterol: 73.04mg (24.35%), Sodium: 1353.32mg (58.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.36%), Calcium: 427.72mg (42.77%), Phosphorus: 314.23mg (31.42%), Vitamin B12: 1.58µg (26.26%), Selenium: 13.34µg (19.06%), Zinc: 2.42mg (16.15%), Vitamin B2: 0.23mg (13.7%), Vitamin A: 652.86IU (13.06%), Magnesium: 39.34mg (9.84%), Vitamin E: 1.26mg (8.42%), Vitamin K: 8.28µg (7.89%), Fiber: 1.89g (7.55%), Iron: 0.93mg (5.18%), Vitamin B5: 0.47mg (4.69%), Vitamin B1: 0.06mg (4.24%), Vitamin B6: 0.08mg (4.03%), Potassium: 126.13mg (3.6%), Folate: 9.25µg (2.31%), Copper: 0.04mg (1.98%), Vitamin D: 0.27µg (1.81%), Manganese: 0.04mg (1.76%), Vitamin B3: 0.34mg (1.68%)