



Pico Queso

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



10

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1 pound torn american cheese white
- ☐ 1 Tbsp hot sauce
- ☐ 1.8 cups pico de gallo
- ☐ 0.8 cup whipping cream

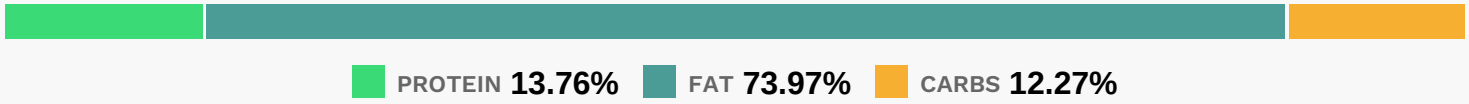
Equipment

- ☐ sauce pan

Directions

- ☐ Cook cheese and whipping cream in a nonstick saucepan over low heat, stirring often, 6 to 8 minutes or until cheese is melted and smooth. Stir in Pico de Gallo and hot sauce.
- ☐ Serve immediately, or keep warm over low heat, stirring often, for up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:7.2382609282175%

Nutrients (% of daily need)

Calories: 247.56kcal (12.38%), Fat: 20.87g (32.11%), Saturated Fat: 12.3g (76.85%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.79g (2.83%), Sugar: 5.28g (5.87%), Cholesterol: 65.53mg (21.84%), Sodium: 1076.19mg (46.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Calcium: 485.89mg (48.59%), Phosphorus: 301.25mg (30.12%), Vitamin A: 879.38IU (17.59%), Selenium: 9.7µg (13.85%), Vitamin B12: 0.71µg (11.82%), Vitamin B2: 0.14mg (8.28%), Zinc: 1.17mg (7.82%), Vitamin C: 3.34mg (4.05%), Vitamin D: 0.56µg (3.72%), Vitamin E: 0.53mg (3.52%), Magnesium: 13.11mg (3.28%), Vitamin B5: 0.23mg (2.3%), Potassium: 78.7mg (2.25%), Iron: 0.31mg (1.72%), Vitamin K: 1.78µg (1.7%), Vitamin B6: 0.03mg (1.64%), Copper: 0.02mg (1.16%), Folate: 4.42µg (1.11%)