



Queso con Tequila



Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



328 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 4 ounces cream cheese
- ☐ 2 cups mexican cheese blend shredded
- ☐ 2 cups monterrey jack cheese
- ☐ 1 cup chunky salsa
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup tequila

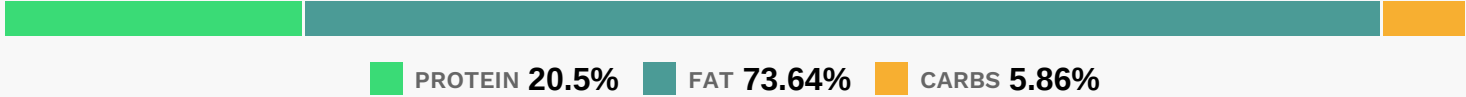
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine all ingredients, except cilantro, in a 4-quart slow cooker and stir well. Cover and cook on LOW setting for 3 to 4 hours, stirring occasionally.
- ☐ Serve hot garnished with cilantro and tortilla chips alongside. Also tastes great over baked potatoes.
- ☐ In a medium skillet over medium heat, add salsa and tequila.
- ☐ Let simmer for 5 minutes.
- ☐ Add cheese and stir until melted.
- ☐ Pour mixture into serving bowl and garnish with chopped cilantro.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:8.3791304723076%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 327.88kcal (16.39%), Fat: 24.27g (37.34%), Saturated Fat: 14.48g (90.49%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.75g (3.06%), Cholesterol: 74.54mg (24.85%), Sodium: 602.01mg (26.17%), Alcohol: 5.01g (100%), Alcohol %: 4.78% (100%), Protein: 15.2g (30.4%), Calcium: 432.97mg (43.3%), Phosphorus: 285.4mg (28.54%), Vitamin A: 871.43IU (17.43%), Vitamin B2: 0.27mg (15.75%), Selenium: 10.34µg (14.78%), Zinc: 1.88mg (12.55%), Vitamin B12: 0.64µg (10.67%), Magnesium: 22.35mg (5.59%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.73mg (4.86%), Potassium: 170.12mg (4.86%), Vitamin K: 4.83µg (4.6%), Vitamin B5: 0.33mg (3.27%), Folate: 12.47µg (3.12%), Iron: 0.55mg (3.03%), Manganese: 0.05mg (2.7%), Fiber: 0.6g (2.4%), Copper: 0.05mg (2.33%), Vitamin B3: 0.46mg (2.28%), Vitamin D: 0.31µg (2.06%), Vitamin B1: 0.03mg (1.96%), Vitamin C: 0.88mg (1.07%)