



## Queso Dip

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 tablespoon ground cumin
- 1 clove garlic finely chopped
- 1 cup milk
- 4 oz monterrey jack cheese shredded
- 4 oz cheddar cheese shredded
- 0.5 cup tomatoes chopped

- 2 tablespoons spring onion chopped (2 medium)
- 1 tablespoon cilantro leaves fresh chopped
- 4 oz chilis green undrained chopped canned
- 1 bag bread

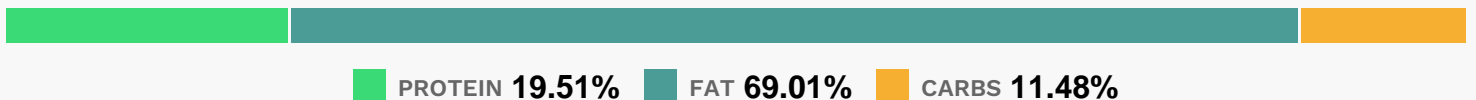
## Equipment

- frying pan
- whisk

## Directions

- Heat 10-inch nonstick skillet over medium heat.
- Add butter, flour, cumin and garlic; beat with whisk to mix. Cook 3 to 4 minutes or until very fragrant. Beat in milk; heat to boiling. Cook, beating constantly, until thickened.
- Remove skillet from heat.
- Add cheeses; beat until melted. Stir in tomatoes, green onions, cilantro and green chiles.
- Serve dip immediately with chips.

## Nutrition Facts



## Properties

Glycemic Index:52.96, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:6.2573912299198%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 169.76kcal (8.49%), Fat: 13.18g (20.28%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.9g (2.11%), Cholesterol: 37.98mg (12.66%), Sodium: 270.77mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Calcium: 259.61mg (25.96%), Phosphorus: 170.48mg (17.05%), Selenium: 7.49µg (10.7%), Vitamin B2: 0.18mg (10.63%), Vitamin A: 511.23IU (10.22%), Vitamin C:

6.59mg (7.99%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.44µg (7.31%), Iron: 0.96mg (5.31%), Vitamin K: 5.09µg (4.85%), Folate: 19.25µg (4.81%), Magnesium: 16.64mg (4.16%), Vitamin B6: 0.07mg (3.71%), Potassium: 128.71mg (3.68%), Vitamin D: 0.51µg (3.37%), Vitamin B1: 0.05mg (3.33%), Manganese: 0.06mg (3.21%), Vitamin B5: 0.24mg (2.39%), Vitamin E: 0.33mg (2.18%), Fiber: 0.54g (2.15%), Vitamin B3: 0.36mg (1.8%), Copper: 0.03mg (1.35%)