



Queso Dip

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4.5 oz chilis green undrained chopped canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 1 tablespoon ground cumin
- ☐ 1 cup milk

- ☐ 4 oz monterrey jack cheese shredded
- ☐ 1 bag sea salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup tomatoes chopped

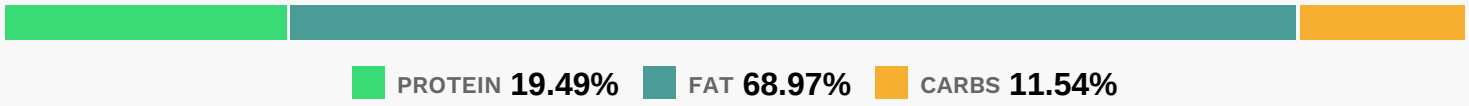
Equipment

- ☐ 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:44.25, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:6.3108696108279%

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: 169.81kcal (8.49%), Fat: 13.18g (20.28%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.89g (2.1%), Cholesterol: 37.98mg (12.66%), Sodium: 325.69mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Calcium: 260.07mg (26.01%), Phosphorus: 170.41mg (17.04%), Selenium: 7.47µg (10.67%), Vitamin B2: 0.18mg (10.65%), Vitamin A: 513.46IU (10.27%), Vitamin

C: 7.2mg (8.73%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.44µg (7.31%), Iron: 0.98mg (5.43%), Folate: 20.15µg (5.04%),
Vitamin K: 5.08µg (4.84%), Magnesium: 16.61mg (4.15%), Vitamin B6: 0.08mg (3.8%), Potassium: 130.41mg (3.73%),
Vitamin D: 0.51µg (3.37%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.06mg (3.08%), Vitamin B5: 0.24mg (2.39%),
Fiber: 0.56g (2.24%), Vitamin E: 0.33mg (2.17%), Vitamin B3: 0.37mg (1.83%), Copper: 0.03mg (1.34%)