



Queso Fundido

READY IN



30 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings tortilla chips blue for serving
- 8 servings flour tortillas for serving
- 0.5 pound goat cheese crumbled
- 0.5 pound monterey jack grated
- 0.5 pound mozzarella cheese grated
- 2 poblano peppers peeled seeded finely chopped
- 6 cloves roasted garlic smashed
- 8 servings salt and pepper freshly ground
- 0.3 pound chorizo diced spanish finely

1 cup white wine

Equipment

pot

double boiler

Directions

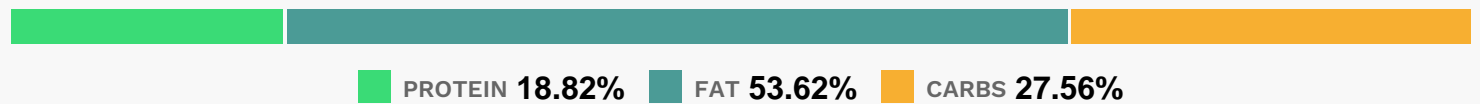
Bring the wine to a simmer in a double boiler.

Add the mozzarella and jack cheeses and stir until melted.

Add the remaining ingredients and cook for 5 minutes.

Place in a fondue pot and serve with flour tortillas and blue corn chips.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:5.32, Inflammation Score:-7, Nutrition Score:16.61086957351%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 564kcal (28.2%), Fat: 32.45g (49.92%), Saturated Fat: 16.22g (101.39%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 34.41g (12.51%), Sugar: 3.04g (3.38%), Cholesterol: 69.53mg (23.18%), Sodium: 961.52mg (41.81%), Alcohol: 3.09g (100%), Alcohol %: 1.78% (100%), Protein: 25.63g (51.25%), Calcium: 477.69mg (47.77%), Phosphorus: 438.4mg (43.84%), Vitamin C: 24.62mg (29.84%), Selenium: 18µg (25.71%), Vitamin B2: 0.42mg (24.59%), Vitamin A: 864.24IU (17.28%), Zinc: 2.59mg (17.24%), Vitamin B1: 0.25mg (16.38%), Iron: 2.88mg (15.99%), Vitamin B12: 0.94µg (15.59%), Copper: 0.31mg (15.29%), Manganese: 0.3mg (14.88%), Vitamin B6: 0.28mg (14.06%), Magnesium: 54.52mg (13.63%), Fiber: 3.12g (12.46%), Vitamin K: 12.24µg (11.66%), Folate: 45.39µg (11.35%), Vitamin

B3: 1.93mg (9.65%), Vitamin E: 1.28mg (8.53%), Vitamin B5: 0.73mg (7.3%), Potassium: 222.76mg (6.36%), Vitamin D: 0.4µg (2.65%)