



Queso Fundido

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 4 ounce ground sausage fresh italian hot
- ☐ 8 servings kosher salt
- ☐ 0.5 cup lager
- ☐ 8 ounces mild cheddar cheese yellow grated
- ☐ 8 ounces monterrey jack cheese grated
- ☐ 0.5 cup onion minced
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 serrano chiles seeded chopped

- ☐ 1 small tomatoes chopped
- ☐ 8 servings tortilla chips

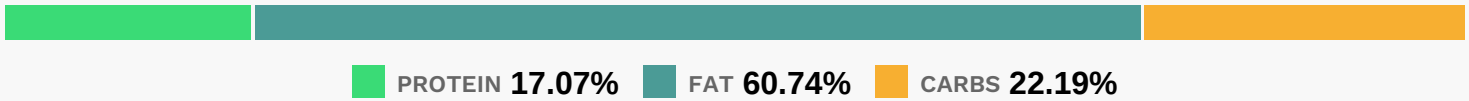
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Mix tomato, chile, and oregano in a small bowl. Season with salt; let salsa stand for 30 minutes. Meanwhile, toss both cheeses with flour in a medium bowl. Cook chorizo in a medium saucepan over medium heat, breaking up with a wooden spoon, until it begins to render, about 1 minute.
- ☐ Add onion and continue cooking until chorizo is cooked and onion is soft and translucent, about 5 minutes.
- ☐ Transfer chorizo mixture to a small bowl; return saucepan to heat.
- ☐ Add beer; simmer, stirring occasionally and scraping up any browned bits.
- ☐ Whisking constantly, add cheese mixture a 1/4-cupful at a time, allowing it to become blended and smooth between additions. Stir in chorizo mixture. DO AHEAD: Queso can be made 30 minutes ahead.
- ☐ Let stand at room temperature.
- ☐ To reheat, warm skillet with queso fundido over medium heat; stir until melted and bubbly.
- ☐ Using a slotted spoon, spoon salsa over queso.
- ☐ Serve in skillet with a basket of tortilla chips on the side.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:12.09130434368%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 421.97kcal (21.1%), Fat: 28.56g (43.95%), Saturated Fat: 13.27g (82.94%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 21.09g (7.67%), Sugar: 1.26g (1.4%), Cholesterol: 64.35mg (21.45%), Sodium: 746.72mg (32.47%), Alcohol: 0.58g (100%), Alcohol %: 0.53% (100%), Protein: 18.06g (36.12%), Calcium: 468.48mg (46.85%), Phosphorus: 349.7mg (34.97%), Selenium: 17.4µg (24.85%), Vitamin B2: 0.3mg (17.61%), Zinc: 2.61mg (17.41%), Vitamin K: 16.04µg (15.28%), Vitamin A: 626.15IU (12.52%), Magnesium: 47.7mg (11.93%), Vitamin B12: 0.67µg (11.13%), Vitamin E: 1.57mg (10.48%), Vitamin B1: 0.15mg (10.11%), Fiber: 2.4g (9.61%), Vitamin B6: 0.18mg (8.99%), Iron: 1.41mg (7.83%), Vitamin B5: 0.63mg (6.26%), Folate: 24.89µg (6.22%), Potassium: 196.24mg (5.61%), Manganese: 0.11mg (5.59%), Vitamin B3: 1.02mg (5.08%), Copper: 0.08mg (3.93%), Vitamin C: 2.95mg (3.57%), Vitamin D: 0.34µg (2.27%)