



Queso Fundido

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 12 servings tortilla chips
- ☐ 2 garlic clove finely chopped
- ☐ 2.3 cups monterrey jack cheese grated
- ☐ 1 medium onion finely chopped
- ☐ 14 ounce pinto beans canned
- ☐ 1 bell pepper red finely chopped
- ☐ 1 serrano chiles fresh seeded finely chopped
- ☐ 3.5 ounces chorizo dried skinless spanish finely chopped ()

- ☐ 1 teaspoon paprika sweet
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup water

Equipment

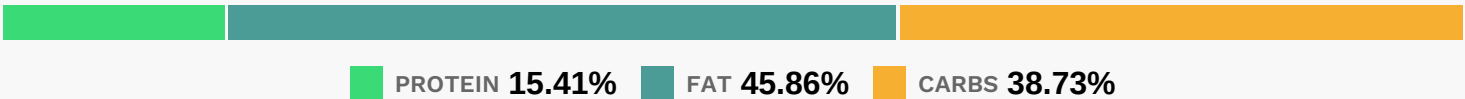
- ☐ frying pan
- ☐ paper towels
- ☐ baking pan
- ☐ broiler
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Cook chorizo in 1 tablespoon oil in a 12-inch heavy skillet over medium heat, stirring, until golden and pieces start to crisp, 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to a plate lined with paper towels.
- ☐ Cook onion, garlic, peppers, and paprika in fat remaining in skillet, stirring occasionally, until vegetables start to soften and turn golden, about 8 minutes.
- ☐ Stir in 1/4 cup water and simmer, uncovered, until vegetables are tender and almost all liquid is evaporated, about 3 minutes.
- ☐ Stir in refried beans and remaining 1/2 cup water and simmer until slightly thickened and mixture is bubbling, 3 to 5 minutes.
- ☐ Remove from heat and stir in reserved chorizo and half the cheese until melted.
- ☐ Preheat broiler with rack about 6 inches from heat.
- ☐ Pour bean mixture into a shallow (2-quart) flameproof crock or baking dish and sprinkle with remaining cheese.
- ☐ Broil 5 to 7 inches from heat until golden and bubbling, about 3 minutes.
- ☐ Serve with tortilla chips.
- ☐ •The bean mixture, before the cheese is added, can be made 1 day ahead and chilled, covered. Reheat it on top of the stove over medium-low heat, adding additional water if necessary,

then stir in half the cheese and continue with the recipe.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:9.9021739285925%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 299.75kcal (14.99%), Fat: 15.55g (23.92%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 24.6g (8.95%), Sugar: 1.28g (1.43%), Cholesterol: 24.02mg (8.01%), Sodium: 221.13mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Phosphorus: 212.42mg (21.24%), Calcium: 207.54mg (20.75%), Fiber: 4.94g (19.76%), Folate: 70.58µg (17.64%), Vitamin C: 14.02mg (16.99%), Magnesium: 48.56mg (12.14%), Vitamin A: 590.8IU (11.82%), Vitamin E: 1.66mg (11.05%), Vitamin K: 10.35µg (9.85%), Vitamin B6: 0.19mg (9.74%), Manganese: 0.19mg (9.35%), Zinc: 1.4mg (9.35%), Selenium: 6.49µg (9.28%), Iron: 1.54mg (8.55%), Vitamin B2: 0.14mg (8.04%), Vitamin B1: 0.12mg (7.84%), Potassium: 253.96mg (7.26%), Copper: 0.12mg (5.87%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.18µg (2.93%), Vitamin B3: 0.5mg (2.48%)