



Queso Fundido Con Poblano

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chorizo sausage crumbled cooked
- 6 servings corn tortillas
- 1 cup goat cheese crumbled
- 6 servings roasted poblano peppers diced
- 1 cup queso fresco shredded
- 6 servings stuffed roasted pepper
- 1 cup mozzarella cheese shredded
- 1 cup cheddar shredded white

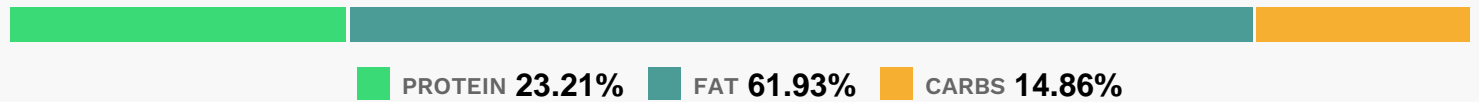
Equipment

- baking sheet
- oven

Directions

- Combine all the ingredients in an oven-proof dish on a baking sheet and melt in the oven.
- Serve with corn tortillas, garnished with a whole stuffed roasted pepper.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:5.44, Inflammation Score:-8, Nutrition Score:16.302173966947%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 425.86kcal (21.29%), Fat: 29.4g (45.23%), Saturated Fat: 17.54g (109.62%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 13.21g (4.8%), Sugar: 2.72g (3.02%), Cholesterol: 92.83mg (30.94%), Sodium: 559.71mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin C: 55.46mg (67.22%), Calcium: 430.84mg (43.08%), Phosphorus: 421.21mg (42.12%), Vitamin A: 1294.17IU (25.88%), Selenium: 15.08µg (21.54%), Vitamin B2: 0.35mg (20.51%), Copper: 0.37mg (18.63%), Vitamin B12: 1.04µg (17.31%), Zinc: 2.53mg (16.86%), Vitamin B6: 0.32mg (16.1%), Magnesium: 44.53mg (11.13%), Fiber: 2.66g (10.65%), Manganese: 0.21mg (10.36%), Iron: 1.83mg (10.18%), Vitamin B1: 0.1mg (6.98%), Potassium: 218.7mg (6.25%), Vitamin D: 0.89µg (5.92%), Vitamin K: 6.17µg (5.87%), Vitamin B5: 0.52mg (5.22%), Folate: 18.64µg (4.66%), Vitamin B3: 0.88mg (4.39%), Vitamin E: 0.61mg (4.09%)