



Queso Fundido with Chorizo

READY IN



40 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 6 flour tortillas warmed
- ☐ 1 large clove garlic minced
- ☐ 2 cups mozzarella cheese grated
- ☐ 0.3 cup onion chopped
- ☐ 6 ounces spicy sausage italian
- ☐ 6 servings vegetable oil for oiling the baking dish

Equipment

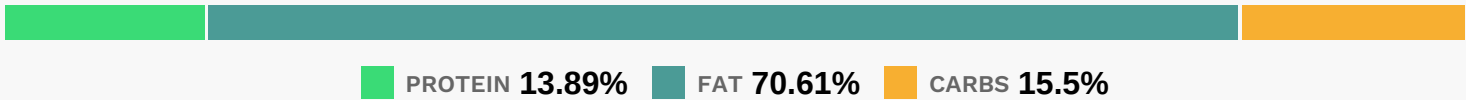
- ☐ oven

☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F. Oil a 3 or 4 cup ovenproof baking dish. In a dry medium skillet, saute the chorizo over medium-high heat until almost crisp.
- ☐ Remove the chorizo to a plate.
- ☐ Add the onions and garlic to the pan juices and cook until soft, about 5 minutes. Return the chorizo to the skillet with the onions and garlic and stir to combine. Put half of the cheese in the baking dish and sprinkle with half of the chorizo mixture. Repeat with the remaining cheese and chorizo mixture.
- ☐ Bake until the cheese is bubbling, about 20 minutes.
- ☐ Serve with flour tortillas for soft tacos.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:5.14, Inflammation Score:-3, Nutrition Score:10.886956494787%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 429.06kcal (21.45%), Fat: 33.63g (51.74%), Saturated Fat: 11.12g (69.5%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.44g (5.61%), Sugar: 1.79g (1.98%), Cholesterol: 51.04mg (17.01%), Sodium: 662.47mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Selenium: 20.17µg (28.82%), Vitamin K: 28.8µg (27.43%), Calcium: 239.87mg (23.99%), Phosphorus: 236.91mg (23.69%), Vitamin B1: 0.33mg (21.81%), Vitamin B12: 1.11µg (18.49%), Vitamin B2: 0.24mg (14.13%), Zinc: 1.77mg (11.82%), Vitamin B3: 2.3mg (11.49%), Manganese: 0.19mg (9.64%), Iron: 1.61mg (8.96%), Folate: 34.36µg (8.59%), Vitamin E: 1.22mg (8.12%), Vitamin B6: 0.13mg (6.54%), Vitamin A: 252.55IU (5.05%), Magnesium: 18.83mg (4.71%), Fiber: 1.17g (4.7%), Potassium: 149.34mg (4.27%), Copper: 0.06mg (3.1%), Vitamin B5: 0.26mg (2.58%), Vitamin C: 1.22mg (1.47%)