



## Queso Fundido With Roasted Poblano Vinaigrette

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup canola oil
- 1 tablespoon flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 1 large clove garlic chopped
- 8 ounces goat cheese sliced into 8 rounds
- 1 teaspoon honey
- 6 servings kosher salt and pepper freshly ground

- 3 cups monterrey jack cheese grated
- 2 poblano chile peppers
- 1 tablespoon red wine vinegar
- 6 servings multicolored tortilla chips for serving
- 1 tablespoon butter unsalted
- 1 cup milk whole

## Equipment

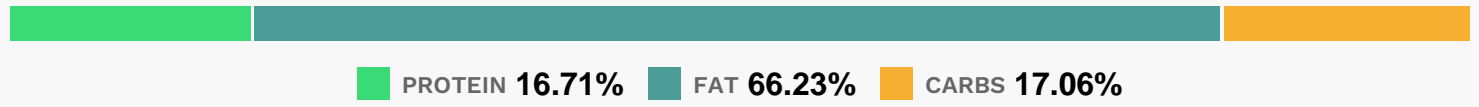
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- blender
- broiler

## Directions

- Make the vinaigrette: Preheat the oven to 425 degrees F.
- Put the poblanos on a baking sheet and roast, turning, until browned, about 15 minutes.
- Transfer to a bowl, cover and let sit 5 minutes. Peel the poblanos with your fingers, then halve, seed and roughly chop.
- Combine the roasted poblanos, vinegar, garlic, honey, canola oil and 2 tablespoons water in a blender; puree until smooth. Season with salt and pepper.
- Make the queso fundido: Melt the butter in a medium saucepan over medium heat; add the flour and cook, whisking, 1 minute.
- Whisk in the milk and cook, whisking, until slightly thickened, about 5 minutes.
- Remove from the heat and stir in the monterey jack.
- Add 1/4 teaspoon salt, and pepper to taste. Turn on the broiler.

- Scrape the cheese mixture into an 8-inch cast-iron pan and arrange the goat cheese rounds on top. Broil until golden brown in spots.
- Drizzle with the vinaigrette and sprinkle with the cilantro.
- Serve with tortilla chips.
- Photograph by Sam Kaplan

## Nutrition Facts



### Properties

Glycemic Index:44.05, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:16.866521700569%

### Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

### Nutrients (% of daily need)

Calories: 583.61kcal (29.18%), Fat: 43.49g (66.91%), Saturated Fat: 19.75g (123.47%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 22.97g (8.35%), Sugar: 4.71g (5.24%), Cholesterol: 77.57mg (25.86%), Sodium: 781.05mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Calcium: 560.16mg (56.02%), Phosphorus: 462.62mg (46.26%), Vitamin C: 32.1mg (38.91%), Vitamin B2: 0.46mg (27%), Vitamin A: 1105.79IU (22.12%), Vitamin E: 3.06mg (20.42%), Zinc: 2.67mg (17.79%), Copper: 0.35mg (17.67%), Vitamin K: 18.25µg (17.38%), Selenium: 11.78µg (16.84%), Vitamin B6: 0.31mg (15.51%), Magnesium: 54.28mg (13.57%), Vitamin B12: 0.76µg (12.74%), Iron: 1.77mg (9.85%), Vitamin B5: 0.91mg (9.11%), Fiber: 2.24g (8.95%), Vitamin B1: 0.13mg (8.7%), Potassium: 243.19mg (6.95%), Vitamin D: 0.97µg (6.48%), Folate: 24.51µg (6.13%), Manganese: 0.11mg (5.71%), Vitamin B3: 0.76mg (3.82%)