



Quick Queso

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4.5 oz chiles green chopped canned
- ☐ 0.5 cup beer dark not
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup milk
- ☐ 8 oz block monterey jack cheese shredded
- ☐ 1 small onion minced

- ☐ 0.3 teaspoon salt
- ☐ 8 servings tortilla chips

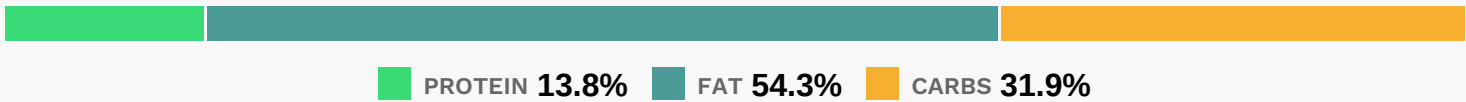
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 2 Tbsp. butter in a large heavy saucepan over low heat; add chopped green chiles and minced onion, and cook 3 to 4 minutes or until softened.
- ☐ Whisk in 2 Tbsp. flour, and cook 1 minute.
- ☐ Whisk in milk and beer, and cook, whisking constantly, 3 to 4 minutes or until mixture is thickened.
- ☐ Add shredded cheese by 1/2 cupfuls, stirring until melted after each addition. Stir in ground cumin and salt.
- ☐ Serve warm with tortillas chips.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:2.03, Inflammation Score:-5, Nutrition Score:7.8821738751038%

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 Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 302.25kcal (15.11%), Fat: 18.33g (28.19%), Saturated Fat: 8.58g (53.64%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.21g (8.08%), Sugar: 2.21g (2.46%), Cholesterol: 36.42mg (12.14%), Sodium: 433.41mg

(18.84%), Alcohol: 0.58g (100%), Alcohol %: 0.55% (100%), Protein: 10.48g (20.96%), Calcium: 290.52mg (29.05%), Phosphorus: 230.15mg (23.01%), Vitamin B2: 0.19mg (11.43%), Selenium: 6.79µg (9.69%), Magnesium: 38.63mg (9.66%), Zinc: 1.42mg (9.47%), Fiber: 2.01g (8.03%), Vitamin E: 1.17mg (7.8%), Vitamin A: 379.17IU (7.58%), Vitamin C: 6.12mg (7.42%), Vitamin B12: 0.41µg (6.82%), Vitamin K: 6.95µg (6.62%), Vitamin B6: 0.13mg (6.48%), Iron: 1.12mg (6.21%), Folate: 23.18µg (5.8%), Vitamin B1: 0.08mg (5.56%), Vitamin B5: 0.55mg (5.47%), Potassium: 161.78mg (4.62%), Vitamin D: 0.51µg (3.37%), Vitamin B3: 0.6mg (3.01%), Copper: 0.05mg (2.28%), Manganese: 0.04mg (1.91%)