



Roasted Corn, Tomato and Garlic Queso



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1 fennel bulb
- ☐ 1 cup ears corn fresh frozen
- ☐ 0.5 cup grape tomatoes halved
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 Dash salt
- ☐ 12 oz evaporated milk canned
- ☐ 7 oz chilis green chopped canned

- ☐ 4 oz cream cheese (half of 8-oz package)
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 4 oz pepper jack cheese shredded
- ☐ 1 serving fries food should taste good®

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Line cookie sheet with cooking parchment paper.
- ☐ Break apart garlic bulb into cloves but leave skins on. In large bowl, toss garlic cloves, corn and tomatoes with 1 tablespoon of olive oil; spread on cookie sheet.
- ☐ Roast 25 to 30 minutes or until vegetables are caramelized around edges a little bit.
- ☐ Remove from oven; set aside to cool.
- ☐ While vegetables are roasting, in 3-quart saucepan, heat remaining tablespoon oil over medium heat.
- ☐ Add shallot and salt; cook until softened and translucent. Stir in evaporated milk and green chiles.
- ☐ Heat to boiling.
- ☐ Add cream cheese, stirring well to combine. In 2 batches, add Cheddar and pepper Jack cheese, stirring well after each addition until combined.
- ☐ Remove from heat.
- ☐ Squeeze cooled cooked garlic from skins into cheese mixture. Fold in roasted corn and tomatoes.
- ☐ Serve queso warm with chips.

Nutrition Facts



 **PROTEIN 16.35%**  **FAT 65.7%**  **CARBS 17.95%**

Properties

Glycemic Index:32.29, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:10.687391130821%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 282.33kcal (14.12%), Fat: 21.12g (32.49%), Saturated Fat: 10.83g (67.68%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 11.09g (4.03%), Sugar: 7.65g (8.5%), Cholesterol: 53.44mg (17.81%), Sodium: 390.04mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.65%), Calcium: 356.23mg (35.62%), Phosphorus: 266.66mg (26.67%), Vitamin K: 22.53µg (21.46%), Vitamin C: 15.52mg (18.81%), Vitamin B2: 0.31mg (18.46%), Vitamin A: 725.05IU (14.5%), Selenium: 8.68µg (12.4%), Potassium: 399.01mg (11.4%), Folate: 41.39µg (10.35%), Zinc: 1.53mg (10.23%), Magnesium: 33.38mg (8.34%), Fiber: 1.89g (7.55%), Vitamin E: 1.07mg (7.14%), Vitamin B5: 0.68mg (6.75%), Vitamin B6: 0.13mg (6.34%), Vitamin B12: 0.37µg (6.12%), Manganese: 0.11mg (5.54%), Iron: 0.94mg (5.2%), Vitamin B1: 0.07mg (4.53%), Vitamin B3: 0.84mg (4.21%), Copper: 0.06mg (2.77%), Vitamin D: 0.21µg (1.42%)