



Roasted Corn, Tomato and Garlic Queso



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 7 oz chilis diced green canned
- ☐ 4 oz cream cheese (half of 8-oz package)
- ☐ 12 oz evaporated milk canned
- ☐ 1 cup ears corn fresh frozen
- ☐ 1 garlic
- ☐ 0.5 cup grape tomatoes halved
- ☐ 2 tablespoons olive oil
- ☐ 4 oz pepper jack cheese shredded

- ☐ 8 servings fries food should taste good®
- ☐ 1 Dash salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 4 oz sharp cheddar cheese shredded

Equipment

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

Directions

- ☐ Heat oven to 425F. 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 67.7%**  **CARBS 15.95%**

Properties

Glycemic Index:30.42, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:8.803478323895%

Flavonoids

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 276.1kcal (13.8%), Fat: 21.19g (32.6%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.5g (7.22%), Cholesterol: 53.44mg (17.81%), Sodium: 379.18mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Calcium: 342.65mg (34.27%), Phosphorus: 253.29mg (25.33%), Vitamin B2: 0.31mg (17.95%), Vitamin C: 12.18mg (14.76%), Vitamin A: 685.89IU (13.72%), Selenium: 8.54µg (12.19%), Zinc: 1.48mg (9.89%), Folate: 33.69µg (8.42%), Potassium: 283.18mg (8.09%), Magnesium: 28.66mg (7.16%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.37µg (6.12%), Vitamin E: 0.9mg (6.01%), Vitamin B6: 0.12mg (5.97%), Vitamin B1: 0.07mg (4.43%), Fiber: 1.03g (4.12%), Iron: 0.74mg (4.11%), Vitamin K: 4.17µg (3.97%), Vitamin B3: 0.68mg (3.39%), Manganese: 0.06mg (3.15%), Copper: 0.04mg (1.87%), Vitamin D: 0.21µg (1.42%)