



Salsa Cheddar Dip with Witches Hats

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 large carrots peeled
- ☐ 2 cups sack 10 ounces cheddar shredded
- ☐ 1 teaspoon chipotle powder smoked
- ☐ 1 sack corn tortilla chips plain blue or flavored
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup tomato salsa store bought your favorite
- ☐ 6 servings salt

☐ 2 cups milk whole

Equipment

☐ bowl

☐ whisk

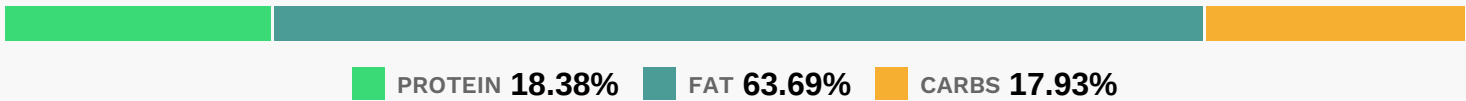
☐ pot

☐ stove

Directions

- ☐ Heat a small pot over medium heat.
- ☐ Add butter and melt.
- ☐ Add flour to butter and cook 1 minute.
- ☐ Whisk in milk and season sauce with salt and chipotle powder or smoked paprika. Stir in cheese and melt. Thicken sauce 1 minute. Stir in salsa and remove from heat.
- ☐ Serve sauce from hot pot and return to stove, as necessary, to loosen.
- ☐ Cut carrots in half then stand on end and cut thin strips.
- ☐ Cut strips across on an angle, forming 2 long triangles. Lightly salt the carrots. Pile chips into a bowl and tuck carrots in and around the chips. The blue and orange triangles are your "witches hats".

Nutrition Facts



Properties

Glycemic Index:39.47, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:14.156521610592%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 270.75kcal (13.54%), Fat: 19.51g (30.01%), Saturated Fat: 11.19g (69.91%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 10.69g (3.89%), Sugar: 6.86g (7.62%), Cholesterol: 57.46mg (19.15%), Sodium: 809.03mg (35.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Vitamin A: 4942.09IU (98.84%), Calcium: 389.64mg (38.96%), Phosphorus: 282.87mg (28.29%), Selenium: 13.6µg (19.43%), Vitamin B2: 0.32mg (19.03%), Vitamin B12: 0.85µg (14.11%), Zinc: 1.9mg (12.69%), Potassium: 350.85mg (10.02%), Vitamin B6: 0.19mg (9.71%), Vitamin E: 1.26mg (8.43%), Magnesium: 30.88mg (7.72%), Vitamin D: 1.12µg (7.47%), Vitamin B1: 0.11mg (7.26%), Fiber: 1.66g (6.65%), Vitamin K: 6.93µg (6.6%), Vitamin B5: 0.64mg (6.37%), Manganese: 0.11mg (5.68%), Vitamin B3: 1.02mg (5.09%), Folate: 19.07µg (4.77%), Copper: 0.06mg (2.99%), Iron: 0.5mg (2.77%), Vitamin C: 2.24mg (2.72%)