



HEALTH SCORE

62%

Smoky Green Chile-Cheddar Cheese with Avocado-Mango Salsa



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



2646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce chiles green drained chopped canned
- ☐ 16 ounce cream cheese softened
- ☐ 6 green onions minced
- ☐ 16 ounce blocks monterey jack cheese shredded with peppers,
- ☐ 2 servings avocado-mango salsa
- ☐ 16 ounces cheddar cheese smoked shredded
- ☐ 1.3 ounce taco seasoning

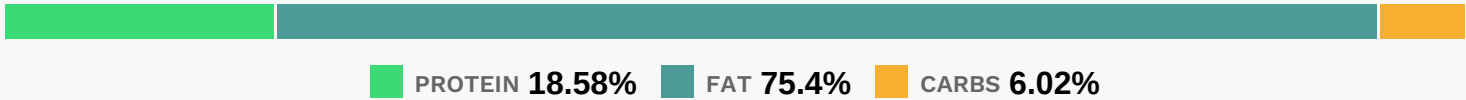
Equipment

☐ bowl

Directions

- ☐ Combine first 6 ingredients in a large bowl. Divide mixture into 2 equal portions; shape each into a 6-inch round. Cover and chill 8 hours, or freeze up to 1 month; thaw in the refrigerator 8 hours.
- ☐ Place cheese rounds on serving plates; top evenly with Avocado-Mango Salsa; serve with tortilla chips.
- ☐ Note: Smoked Cheddar cheese may be found in the deli seciton of your grocery store.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:51.059130627176%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 2645.97kcal (132.3%), Fat: 224.32g (345.11%), Saturated Fat: 132.73g (829.56%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 33.22g (12.08%), Sugar: 15.79g (17.55%), Cholesterol: 657.71mg (219.24%), Sodium: 5707.83mg (248.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.39g (248.79%), Calcium: 3596.15mg (359.61%), Phosphorus: 2325.97mg (232.6%), Vitamin A: 9397.86IU (187.96%), Selenium: 117.46µg (167.8%), Vitamin B2: 2.48mg (146.1%), Zinc: 16.58mg (110.54%), Vitamin K: 91.74µg (87.37%), Vitamin B12: 4.79µg (79.76%), Vitamin C: 58.98mg (71.49%), Folate: 202.07µg (50.52%), Magnesium: 159.98mg (40%), Vitamin B6: 0.69mg (34.7%), Iron: 5.81mg (32.25%), Vitamin E: 4.83mg (32.2%), Vitamin B5: 2.9mg (29.04%), Potassium: 983.79mg (28.11%), Fiber: 7.01g (28.05%), Vitamin D: 2.72µg (18.14%), Vitamin B1: 0.2mg (13.05%), Copper: 0.24mg (11.95%), Vitamin B3: 1.88mg (9.41%), Manganese: 0.17mg (8.32%)