



Spicy Queso Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz canned tomatoes diced green canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 16 oz pepper jack pasteurized cheese product cubed prepared
- ☐ 20 servings tortilla chips

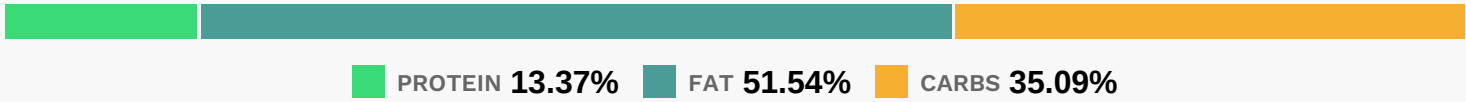
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Cook onion in hot oil in a large nonstick skillet over medium-high heat 8 minutes or until tender.
- ☐ Add garlic, and cook 1 minute.
- ☐ Remove from heat.
- ☐ Combine cheese, tomatoes, and onion mixture in a large microwave-safe glass bowl. Microwave at HIGH 5 minutes, stirring every 2 1/2 minutes. Stir in cilantro.
- ☐ Serve with tortilla chips.
- ☐ Note: We tested with Velveeta Pepper Jack.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.6734782794248%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 229.11kcal (11.46%), Fat: 13.41g (20.63%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 18.7g (6.8%), Sugar: 1.11g (1.23%), Cholesterol: 20.18mg (6.73%), Sodium: 246.81mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Calcium: 204.79mg (20.48%), Phosphorus: 169.5mg (16.95%), Vitamin E: 1.35mg (8.99%), Magnesium: 32.88mg (8.22%), Vitamin K: 7.81µg (7.44%), Zinc: 1.11mg (7.42%), Fiber: 1.85g (7.38%), Vitamin B2: 0.12mg (6.86%), Selenium: 4.64µg (6.64%), Vitamin B6: 0.1mg (4.77%), Iron: 0.78mg (4.35%), Vitamin B5: 0.42mg (4.24%), Vitamin A: 208.5IU (4.17%), Vitamin B1: 0.06mg (3.68%), Potassium: 116.78mg (3.34%), Vitamin B12: 0.19µg (3.14%), Copper: 0.06mg (3.11%), Folate: 9.98µg (2.49%), Vitamin B3: 0.43mg (2.17%), Vitamin C: 1.62mg (1.96%), Manganese: 0.04mg (1.78%)