



VELVEETA Queso Blanco Cheese Sauce Fundido

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



83 kcal

SAUCE

Ingredients

- 6 oz mexican chorizo
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 10 oz ro*tel tomatoes & chilies diced green drained canned
- 8 oz velveeta cheese sauce queso blanco

Equipment

- frying pan
- broiler

Directions

- Heat broiler.
- Crumble chorizo into skillet; cook on medium heat until done, stirring occasionally.
- Drain.
- Sprinkle mozzarella onto bottom of 9-inch pie plate; top with chorizo, tomatoes and cheese sauce.
- Broil, 6 inches from heat, 3 to 5 min. or until heated through.

Nutrition Facts

PROTEIN 31.06% **FAT 56.42%** **CARBS 12.52%**

Properties

Glycemic Index:4.13, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:2.9700000091739%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 82.81kcal (4.14%), Fat: 5.12g (7.88%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.75g (1.94%), Cholesterol: 17.08mg (5.69%), Sodium: 269.13mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Phosphorus: 181.81mg (18.18%), Calcium: 137.88mg (13.79%), Vitamin A: 358.43IU (7.17%), Vitamin B2: 0.12mg (6.87%), Zinc: 0.58mg (3.84%), Vitamin C: 2.44mg (2.96%), Potassium: 96.78mg (2.77%), Iron: 0.29mg (1.6%), Selenium: 1.01µg (1.44%), Vitamin K: 1.51µg (1.44%), Manganese: 0.02mg (1.04%)