



Warm Jalapeno Cheese Dip

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



558 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 ounce evaporated milk canned
- ☐ 3 tablespoons flour
- ☐ 3 servings salt and ground pepper black
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 ounces pepper jack cheese shredded
- ☐ 1 cup salsa prepared

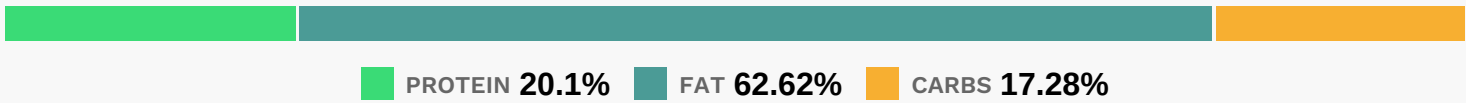
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Microwave milk in a 1-quart Pyrex measuring cup until steamy. Meanwhile, melt butter in a large saucepan over medium heat.
- ☐ Whisk in flour and turmeric until smooth, then whisk in milk until creamy and thick.
- ☐ Whisk in cheese. (Dip can be refrigerated in an airtight container up to 3 days.) When ready to serve, return cheese sauce to saucepan; stir in salsa and lemon juice, and slowly rewarm. Adjust seasonings, including salt and pepper to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:18.97217388775%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 558.06kcal (27.9%), Fat: 39.35g (60.53%), Saturated Fat: 24.49g (153.05%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 22.55g (8.2%), Sugar: 15.35g (17.06%), Cholesterol: 120.24mg (40.08%), Sodium: 1202.74mg (52.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Calcium: 889.22mg (88.92%), Phosphorus: 605.78mg (60.58%), Vitamin B2: 0.72mg (42.56%), Vitamin A: 1502.76IU (30.06%), Selenium: 17.02µg (24.31%), Zinc: 3.4mg (22.64%), Potassium: 658.74mg (18.82%), Magnesium: 63.88mg (15.97%), Vitamin B6: 0.28mg (14.17%), Vitamin B12: 0.82µg (13.75%), Vitamin E: 1.68mg (11.22%), Vitamin B5: 1.11mg (11.15%), Folate: 42.3µg (10.57%), Vitamin B1: 0.16mg (10.49%), Manganese: 0.2mg (10.21%), Vitamin C: 7.76mg (9.4%), Iron: 1.63mg (9.05%), Vitamin B3: 1.74mg (8.68%), Fiber: 1.89g (7.55%), Vitamin K: 7.09µg (6.76%), Copper: 0.11mg

(5.72%), Vitamin D: 0.57µg (3.78%)