



WHATSheATE



White Queso (using Monterey Jack Cheese)



Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 8 ounce monterrey jack cheese shredded
- ☐ 0.5 teaspoon onion powder
- ☐ 1.3 cups milk whole as needed

Equipment

- ☐ sauce pan

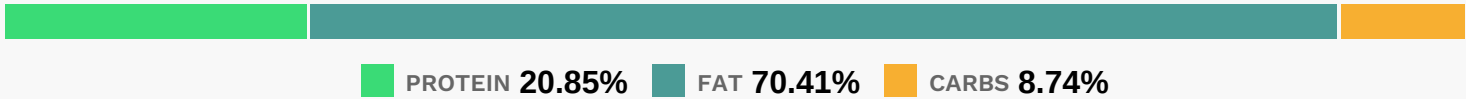
☐

whisk

Directions

- ☐ Heat butter in a saucepan over medium-high heat; whisk flour into melted butter until smooth. Slowly pour milk into flour mixture; bring to a boil. Reduce heat to low and stir in onion powder and garlic powder; simmer for 2 minutes.
- ☐ Add Monterey Jack cheese while stirring constantly until melted, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.36, Inflammation Score:-4, Nutrition Score:6.2830433296445%

Nutrients (% of daily need)

Calories: 214.83kcal (10.74%), Fat: 16.89g (25.99%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.62g (1.68%), Sugar: 2.66g (2.95%), Cholesterol: 49.77mg (16.59%), Sodium: 276.33mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.51%), Calcium: 346.69mg (34.67%), Phosphorus: 223.79mg (22.38%), Vitamin B2: 0.23mg (13.63%), Selenium: 7.38µg (10.54%), Vitamin B12: 0.6µg (9.94%), Vitamin A: 489.65IU (9.79%), Zinc: 1.37mg (9.15%), Vitamin D: 0.79µg (5.24%), Magnesium: 17.19mg (4.3%), Vitamin B1: 0.05mg (3.67%), Potassium: 113.05mg (3.23%), Vitamin B6: 0.06mg (3.22%), Folate: 11.65µg (2.91%), Vitamin B5: 0.29mg (2.87%), Iron: 0.4mg (2.22%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.44µg (1.37%), Manganese: 0.03mg (1.3%), Vitamin B3: 0.24mg (1.2%)