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## Dip Sampler - Queso Blanco ♦♦

A delicious dip sampler featuring Queso Blanco. This dip is perfect for parties and gatherings, and can be enjoyed with tortilla chips, vegetables, or bread. Queso Blanco is a creamy and cheesy dip made with white cheese, tomatoes, onions, and spices. It is a crowd favorite and is sure to be a hit at any event.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>300 g</b>	white cheese
<b>200 g</b>	Tomatoes
<b>100 g</b>	Onions
<b>10 g</b>	Spices

# Directions

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## Step 1

Grating

Grate the white cheese and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cutting

Chop the tomatoes and onions into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Sautéing

In a saucepan, heat some oil and sauté the onions until translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

## Cooking

Add the tomatoes and cook until they soften.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

### Cooking

Add the grated white cheese and spices to the saucepan and stir until melted and well combined.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

### Serving

Transfer the queso blanco dip to a serving bowl and serve hot with tortilla chips, vegetables, or bread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Side Dishes

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

### Events

Barbecue

Picnic

Game Day

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Supper

## Difficulty Level

Medium

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