

# Salsa Con Queso

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*1 pound queso melting cheese  
1/2 cup milk, add as needed  
1 tablespoon butter  
12 ounces mild salsa  
1 teaspoon garlic powder*

Cut the cheese into 1/2-inch squares

In a medium saucepan over low heat, place the butter and milk. Heat until warm and the butter is melted.

Add the cheese. Cook, stirring frequently, until melted and smooth.

Add the salsa and garlic powder.

Continue to heat and stir until heated thoroughly.

Serve immediately.

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Per Serving (excluding unknown items): 186 Calories; 16g Fat (74.0% calories from fat); 5g Protein; 8g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 3 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	186
% Calories from Fat:	74.0%
% Calories from Carbohydrates:	16.3%
% Calories from Protein:	9.7%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	8g
	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	n n%

## Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** 5g  
**Sodium (mg):** 178mg  
**Potassium (mg):** 219mg  
**Calcium (mg):** 151mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 587IU  
**Vitamin A (r.e.):** 153 1/2RE

**Grain (Starch):**  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 3  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 186 Calories from Fat: 138

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### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	10g	48%
<b>Cholesterol</b>	48mg	16%
<b>Sodium</b>	178mg	7%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	0%
<b>Protein</b>	5g	
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<b>Vitamin A</b>		12%
<b>Vitamin C</b>		3%
<b>Calcium</b>		15%
<b>Iron</b>		1%

*\* Percent Daily Values are based on a 2000 calorie diet.*