## **Roasted Pepper Cheese Dip**

Ragan Sutterfield - Little Rock, AR Relish Magazine - February 2014

Servings: 12 Yield: 6 cups

8 ounces medium salsa
1/2 cup sour cream
1 tablespoon ground cumin
1 tablespoon chili powder
2 pounds American processed cheese
product (such as Velveeta) or

Mexican melting cheese, cubed 1 red bell pepper 1 Anaheim chile 1 poblano pepper

3 jalapeno peppers

In a two-quart saucepan, combine the salsa, sour cream, cumin, chili powder and cheese. Heat over medium heat until the cheese is melted, stirring frequently.

Cut the peppers into halves lengthwise; remove the seeds and stems. Place the peppers, cut sides down, on a baking sheet. Broil until charred. Place in a zip-top plastic bag and let cool slightly. Peel Place the peppers in a bowl of a food processor and pulse until puree'd. Add the puree' to the cheese mixture and heat.

Serve with tortilla chips.

Cheese dip is hest made with a processed cheese such as Velveeta. Don't try to get fancy with with othet expensive cheese, they'll most likely clump and be grainy.

Per Serving (excluding unknown items): 30 Calories; 2g Fat (63.1% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk: 1/2 Fat.

**Appetizers** 

Carbohydrate (g):

## Dar Carrina Mutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	28.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	7mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
(6)	. •	Caffeine (mg):	0mg
Monounsaturated Fat (g):	1g	Alcohol (kcal):	Ŏ
Polyunsaturated Fat (g):	trace	% Defuse	n n%
Cholesterol (mg):	4mg		

2g

Food Exchanges

Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	13mg	Vegetable:	0
Potassium (mg):	77mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	33mg		
Vitamin A (i.u.):	912IU		
Vitamin A (r.e.):	106 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 12

Amount Per Serving				
Calories 30	Calories from Fat: 19			
	% Daily Values*			
Total Fat 2g Saturated Fat 1g Cholesterol 4mg Sodium 13mg Total Carbohydrates 2g Dietary Fiber 1g Protein 1g	3% 6% 1% 1% 1% 3%			
Vitamin A Vitamin C Calcium Iron	18% 55% 2% 3%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.