

# QUESO DIP

Serves 6 / Prep time: 5 minutes / Cook time: 10 minutes

*Also known as chile con queso, this dip originated in Mexico and can be found in many places that serve Tex-Mex cuisine. Jalapeño peppers are hot because they contain capsaicin. They are considered about medium in heat on the Scoville scale, with about 2,500 to 8,000 heat units per pepper. If you want a hotter dip, choose a pepper with more heat units, such as a habanero or Scotch bonnet chile.*

½ cup coconut milk

½ jalapeño pepper, seeded  
and diced

1 teaspoon minced garlic

½ teaspoon onion powder

2 ounces goat cheese

6 ounces sharp Cheddar cheese,  
shredded

¼ teaspoon cayenne pepper

1. Place a medium pot over medium heat and add the coconut milk, jalapeño, garlic, and onion powder.
2. Bring the liquid to a simmer and then whisk in the goat cheese until smooth.
3. Add the Cheddar cheese and cayenne and whisk until the dip is thick, 30 seconds to 1 minute.
4. Pour into a serving dish and serve with keto crackers or low-carb vegetables.

**PER SERVING** Calories: 213; Fat: 19g; Protein: 10g; Carbs: 2g; Fiber: 0g;  
Net Carbs: 2g; Fat 79%/Protein 19%/Carbs 2%



KETO QUOTIENT

GLUTEN FREE  
NUT FREE  
VEGETARIAN  
UNDER 30 MINUTES