**Homemade Queso Dip**

{keto / low carb}

Are you looking for the Best Queso Recipe that also fits on your keto or low carb diet? Look no further! So many queso dip recipes out there include a lot of milk or thickeners that have carbs. This one is a perfect substitute that is delicious and super easy to make.

Prep Time

10 mins

Cook Time

10 mins

Total Time

20 mins

Course: Appetizer

Cuisine: American, Mexican

Servings: 10 Calories: 249kcal Author: Kasey Trenum

Ingredients

2 tablespoons butter

12 ounces white cheddar cheese, grated

4 ounces Monterrey Jack Cheese, grated

1/2 cup heavy whipping cream

1/4 cup water

4 oz can green chilis, drained

3 garlic cloves, minced minced

1/8 tsp chili powder

1/4 tsp cumin

1/4 tsp pink salt

1/2 tsp pepper

2 tablespoons cilantro, chopped

Instructions

1. In a double boiler, combine butter, heavy whipping cream, spices (reserving 1 tablespoon of cilantro to sprinkle on top of the queso dip before serving), and water and bring to a slow boil then reduce heat to low.
2. Slowly add cheese one handful at a time stirring with a whisk each time before adding more. Continue adding the cheese a little bit at a time while stirring continuously until all the cheese is added. I have found that using a whisk helps to incorporate the cheeses.
3. Add the drained green chilis to the keto queso and stir to combine.
4. Garnish the top with the remaining tablespoon of cilantro before serving. Serve immediately or pour queso dip into a small crock pot to keep warm.

Nutrition

Calories: 249kcal | Carbohydrates: 1.3g | Protein: 11.6g | Fat: 20.6g | Fiber: 0.4g

<https://kaseytrenum.com/homemade-queso-dip-keto-low-carb/>