

# Beefy Cheese Dip

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**9**

CALORIES



**671 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bunch spring onion chopped
- 1 pound ground beef
- 2 pounds processed cheese food shredded
- 16 ounce salsa
- 1 pound sausage

## Equipment

- frying pan

## Directions

- In a large skillet, brown beef and sausage.
- Drain excess fat.
- In another large skillet, mix green onions, salsa and processed cheese over a low heat. Continue stirring until cheese melts.
- Add meat to the cheese mixture and simmer uncovered until ready to serve.

## Nutrition Facts

**PROTEIN 21.05%** **FAT 74.58%** **CARBS 4.37%**

## Properties

Glycemic Index:9.67, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:22.908260894858%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 670.66kcal (33.53%), Fat: 55.6g (85.53%), Saturated Fat: 26.51g (165.71%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.26g (4.73%), Cholesterol: 172.87mg (57.62%), Sodium: 2369.69mg (103.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.31g (70.62%), Calcium: 1082.98mg (108.3%), Phosphorus: 810.9mg (81.09%), Vitamin B12: 3.02µg (50.32%), Selenium: 28.39µg (40.56%), Zinc: 5.82mg (38.81%), Vitamin B3: 5.16mg (25.78%), Vitamin A: 1258.85IU (25.18%), Vitamin B6: 0.46mg (23.09%), Vitamin B2: 0.39mg (22.95%), Potassium: 531.51mg (15.19%), Iron: 2.42mg (13.46%), Vitamin B1: 0.19mg (12.97%), Magnesium: 49.92mg (12.48%), Vitamin E: 1.74mg (11.59%), Vitamin B5: 1.1mg (11.01%), Vitamin K: 11.37µg (10.83%), Vitamin D: 1.31µg (8.74%), Copper: 0.15mg (7.27%), Manganese: 0.11mg (5.51%), Folate: 15.82µg (3.95%), Fiber: 0.98g (3.91%), Vitamin C: 1.81mg (2.2%)