



Best Football Dip Ever

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



462 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese room temperature
- 1 pound ground beef
- 1 pound processed cheese food sliced
- 8 ounce salsa prepared

Equipment

- frying pan
- oven
- baking pan

aluminum foil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the ground beef in a large skillet over medium-high heat. Cook, stirring to crumble, until no longer pink.

Drain off grease.

Spread the cream cheese in an even layer in the bottom of a 9 inch square baking dish.

Spread a layer of salsa over the cream cheese, then cover with a layer of ground beef. Top with slices of processed cheese and cover the dish with aluminum foil.

Bake for 15 minutes in the preheated oven, or until heated through.

Serve hot.

Nutrition Facts

 **PROTEIN 19.13%** **FAT 76.06%** **CARBS 4.81%**

Properties

Glycemic Index:6.75, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:14.732174059619%

Nutrients (% of daily need)

Calories: 461.81kcal (23.09%), Fat: 39.17g (60.26%), Saturated Fat: 20.32g (127.01%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.43g (3.81%), Cholesterol: 125.59mg (41.86%), Sodium: 1260.42mg (54.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.33%), Calcium: 638.15mg (63.81%), Phosphorus: 492.43mg (49.24%), Vitamin B12: 2.13µg (35.44%), Selenium: 22.65µg (32.36%), Zinc: 3.98mg (26.54%), Vitamin A: 1052.62IU (21.05%), Vitamin B2: 0.29mg (17.11%), Vitamin B6: 0.28mg (13.98%), Vitamin B3: 2.78mg (13.92%), Potassium: 338.49mg (9.67%), Iron: 1.61mg (8.93%), Vitamin E: 1.28mg (8.5%), Magnesium: 31.18mg (7.8%), Vitamin B5: 0.73mg (7.32%), Copper: 0.08mg (4.21%), Vitamin K: 4.28µg (4.08%), Vitamin B1: 0.05mg (3.29%), Manganese: 0.06mg (3.2%), Folate: 12.19µg (3.05%), Vitamin D: 0.4µg (2.65%), Fiber: 0.51g (2.04%)