



Cheese Dip II

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



6

CALORIES



882 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds ground beef
- 16 ounce picante sauce
- 2 pound processed cheese food cubed
- 1.3 ounce taco seasoning
- 0.7 cup water

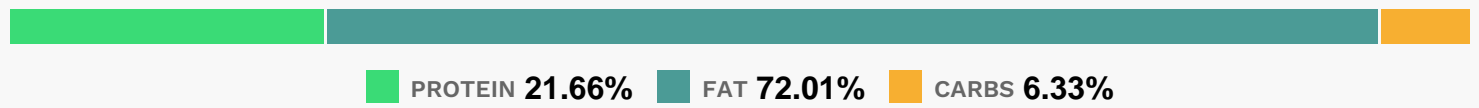
Equipment

- frying pan
- slow cooker

Directions

- Melt processed cheese in a slow cooker set for high heat. Stir occasionally to avoid burning.
- Place ground beef in a large skillet. Cook over medium high heat until evenly brown.
- Drain beef, and mix in water and taco seasoning mix. Cook and stir 2 to 4 minutes.
- Stir seasoned beef into the melted processed cheese.
- Mix in salsa. Cook and stir until well blended.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:30.067826146665%

Nutrients (% of daily need)

Calories: 882kcal (44.1%), Fat: 70.89g (109.06%), Saturated Fat: 36.02g (225.12%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 11.54g (4.2%), Sugar: 7.41g (8.23%), Cholesterol: 231.71mg (77.24%), Sodium: 3576.24mg (155.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.97g (95.94%), Calcium: 1622.38mg (162.24%), Phosphorus: 1172.54mg (117.25%), Vitamin B12: 4.69µg (78.24%), Selenium: 48.23µg (68.9%), Zinc: 8.66mg (57.72%), Vitamin A: 2345.75IU (46.91%), Vitamin B2: 0.55mg (32.11%), Vitamin B6: 0.58mg (29.05%), Vitamin B3: 5.76mg (28.77%), Iron: 3.87mg (21.49%), Potassium: 700.8mg (20.02%), Magnesium: 70.19mg (17.55%), Vitamin E: 2.6mg (17.31%), Vitamin B5: 1.33mg (13.31%), Fiber: 2.47g (9.88%), Copper: 0.19mg (9.6%), Vitamin K: 9.15µg (8.71%), Manganese: 0.16mg (7.94%), Vitamin D: 1.02µg (6.8%), Vitamin B1: 0.1mg (6.53%), Folate: 23.06µg (5.76%), Vitamin C: 4.09mg (4.96%)