



## Cheeseburger Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup knudsen cream sour
- 0.5 lb ground beef lean
- 2 Tbsp heinz mustard yellow
- 2 Tbsp heinz tomato ketchup
- 16 oz velveeta cut into 1/2-inch cubes
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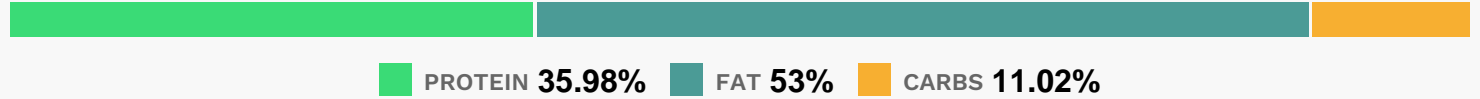
## Equipment

- frying pan

## Directions

- Brown meat in large skillet; drain.
- Add remaining ingredients; cook on low heat 3 to 5 min. or until VELVEETA is melted, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.9186956153616%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 39.4kcal (1.97%), Fat: 2.31g (3.56%), Saturated Fat: 1.12g (7%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.77g (0.86%), Cholesterol: 13.9mg (4.63%), Sodium: 54.91mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin B12: 0.35µg (5.91%), Zinc: 0.81mg (5.41%), Selenium: 3.61µg (5.16%), Vitamin B3: 0.88mg (4.41%), Phosphorus: 38.51mg (3.85%), Vitamin B6: 0.07mg (3.37%), Vitamin B2: 0.04mg (2.49%), Iron: 0.4mg (2.25%), Potassium: 71.27mg (2.04%), Magnesium: 5.35mg (1.34%), Vitamin B5: 0.13mg (1.3%), Vitamin A: 60.81IU (1.22%), Calcium: 10.7mg (1.07%)