



## Cheesy Enchilada Dip

 Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb ground beef 80% lean (at least )
- 1 box enchilada sauce
- 2 cups water hot
- 1.3 cups milk
- 2 oz cheddar cheese shredded
- 9 oz salsa
- 1 serving corn chips scoop-shaped

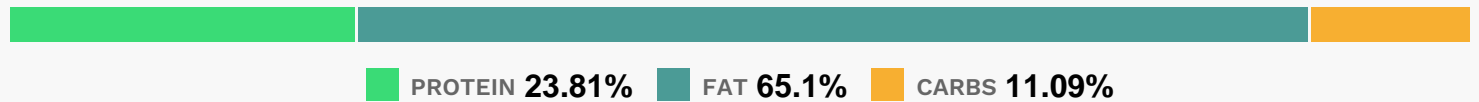
## Equipment

frying pan

## Directions

- In 10-inch skillet, cook beef over medium-high heat, stirring frequently, until brown; drain.
- Add uncooked rice and contents of pouches (from Hamburger Helper box), hot water and milk to skillet. Stir until well combined.
- Heat to boiling. Reduce heat. Cover; simmer about 25 minutes, stirring occasionally, until rice is tender.
- Remove from heat. Top with shredded cheese and taco sauce.
- Serve with scoop-shaped corn chips.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:13.41304333832%

## Nutrients (% of daily need)

Calories: 360.79kcal (18.04%), Fat: 26.05g (40.07%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 8.83g (3.21%), Sugar: 5.14g (5.71%), Cholesterol: 83.56mg (27.85%), Sodium: 529.67mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Vitamin B12: 2.41µg (40.22%), Zinc: 4.66mg (31.06%), Phosphorus: 288.18mg (28.82%), Selenium: 18.94µg (27.05%), Vitamin B3: 4.53mg (22.64%), Vitamin B6: 0.44mg (21.98%), Calcium: 201.39mg (20.14%), Vitamin B2: 0.29mg (17.34%), Potassium: 490.99mg (14.03%), Iron: 2.06mg (11.45%), Vitamin E: 1.52mg (10.11%), Magnesium: 38.92mg (9.73%), Vitamin A: 465.31IU (9.31%), Vitamin B5: 0.88mg (8.8%), Vitamin B1: 0.1mg (6.62%), Vitamin D: 0.87µg (5.83%), Copper: 0.11mg (5.68%), Manganese: 0.09mg (4.74%), Fiber: 1.15g (4.58%), Vitamin K: 4.6µg (4.38%), Folate: 11.22µg (2.81%), Vitamin C: 0.97mg (1.18%)