



Cheesy Enchilada Dip

READY IN



40 min.

SERVINGS



5

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 servings corn chips scoop-shaped
- ☐ 1 box hawaiian rolls
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.3 cups milk
- ☐ 5 servings salsa
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 cups water hot

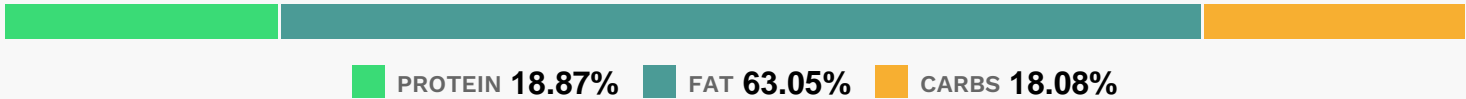
Equipment

☐ 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:25.4, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:14.747826327448%

Nutrients (% of daily need)

Calories: 476.49kcal (23.82%), Fat: 33.5g (51.54%), Saturated Fat: 11.57g (72.31%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 19.92g (7.24%), Sugar: 4.48g (4.97%), Cholesterol: 83.56mg (27.85%), Sodium: 519.23mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Vitamin B12: 2.41µg (40.22%), Zinc: 4.91mg (32.74%), Phosphorus: 325.75mg (32.58%), Selenium: 20.52µg (29.32%), Calcium: 227.26mg (22.73%), Vitamin B3: 4.51mg (22.56%), Vitamin B6: 0.44mg (22.19%), Vitamin E: 2.9mg (19.37%), Vitamin B2: 0.31mg (18.04%), Potassium: 474.4mg (13.55%), Magnesium: 52.24mg (13.06%), Iron: 2.26mg (12.53%), Vitamin B5: 0.97mg (9.67%), Manganese: 0.17mg (8.58%), Vitamin A: 372.63IU (7.45%), Vitamin B1: 0.1mg (6.95%), Fiber: 1.7g (6.8%), Copper: 0.12mg (6.21%), Vitamin D: 0.87µg (5.83%), Vitamin K: 5.22µg (4.97%), Folate: 12.44µg (3.11%)