



## Chili Cheese Dip and Potato Wedges

 Gluten Free

READY IN



25 min.

SERVINGS



24

CALORIES



37 kcal

SIDE DISH

### Ingredients

- 24 oz lime wedges frozen with skins
- 0.5 lb ground beef 80% lean (at least )
- 1 small onion chopped
- 1 loaf cheese cut into chunks (8 oz. box)
- 8 oz tomato sauce canned
- 4 oz chilis green drained chopped canned

### Equipment

- sauce pan

oven

## Directions

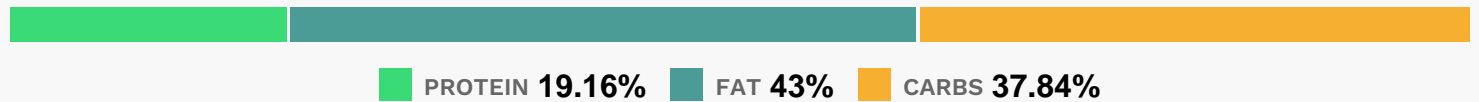
Heat oven to 450°F.

Bake potato wedges as directed on package.

Meanwhile, in large saucepan, cook ground beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in cheese, tomato sauce and chiles. Cook over low heat until cheese is melted and mixture is hot, stirring frequently.

Serve hot potato wedges with cheese dip.

## Nutrition Facts



## Properties

Glycemic Index:5.46, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:2.38173916531%

## Flavonoids

Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 37.1kcal (1.86%), Fat: 2g (3.08%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.94g (1.04%), Cholesterol: 6.75mg (2.25%), Sodium: 70.84mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin C: 10.74mg (13.02%), Fiber: 1.07g (4.26%), Vitamin B12: 0.2µg (3.38%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.58mg (2.91%), Iron: 0.51mg (2.85%), Potassium: 92.13mg (2.63%), Phosphorus: 24.14mg (2.41%), Selenium: 1.63µg (2.33%), Copper: 0.04mg (1.81%), Folate: 6.89µg (1.72%), Vitamin B2: 0.03mg (1.66%), Vitamin E: 0.24mg (1.59%), Calcium: 15.05mg (1.5%), Vitamin B5: 0.15mg (1.46%), Magnesium: 5.22mg (1.3%), Vitamin A: 61.52IU (1.23%), Vitamin B1: 0.02mg (1.11%)