



Chili Cheese Fries

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



641 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices processed cheese food cut into pieces
- 15 ounce chili without beans hormel® canned (such as)
- 2 tablespoons cornstarch
- 32 ounce fries frozen french
- 2 cups milk low-fat
- 1 tablespoon butter
- 2 tablespoons water

Equipment

sauce pan

whisk

Directions

Prepare french fries as directed on the package.

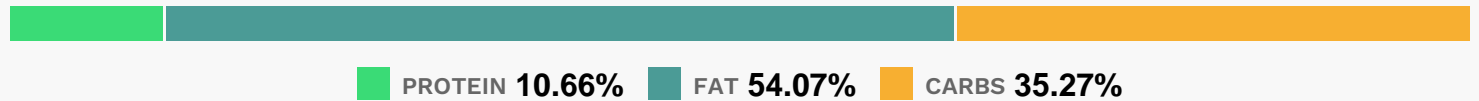
Stir cornstarch and water in a small cup until cornstarch dissolves; set aside. Bring milk and margarine to a boil in a saucepan, stirring constantly. Reduce the heat and whisk the cornstarch mixture into the milk mixture, bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth.

Add the cheese to the milk mixture and stir until the cheese has melted and is well combined.

Prepare chili as directed on the can.

Pour the cooked chili and the cheese sauce over the top of the cooked french fries.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:25.23, Inflammation Score:-5, Nutrition Score:17.804782597915%

Nutrients (% of daily need)

Calories: 641.39kcal (32.07%), Fat: 39.16g (60.25%), Saturated Fat: 14.36g (89.78%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 50.3g (18.29%), Sugar: 5.31g (5.9%), Cholesterol: 46.82mg (15.61%), Sodium: 1553.21mg (67.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Phosphorus: 432.38mg (43.24%), Calcium: 427.49mg (42.75%), Fiber: 7.18g (28.73%), Manganese: 0.55mg (27.7%), Vitamin B12: 1.63µg (27.09%), Potassium: 944.37mg (26.98%), Vitamin B3: 4.38mg (21.89%), Vitamin B6: 0.43mg (21.31%), Iron: 3.61mg (20.05%), Selenium: 12.75µg (18.21%), Vitamin B2: 0.3mg (17.77%), Zinc: 2.33mg (15.54%), Magnesium: 58.31mg (14.58%), Vitamin B5: 1.33mg (13.27%), Vitamin C: 10.81mg (13.1%), Vitamin B1: 0.18mg (12.21%), Folate: 42.77µg (10.69%), Vitamin A: 502.25IU (10.05%), Copper: 0.2mg (9.87%), Vitamin D: 1.1µg (7.36%), Vitamin E: 0.73mg (4.87%), Vitamin K: 2.37µg (2.25%)