



Chili Cheese Fries

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



35

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cheez whiz cheese dip
- 15 oz chili canned
- 32 oz ore-ida golden fries

Equipment

- microwave

Directions

- Heat fries as directed on package.
- Arrange fries on large serving platter; top with chili.
- Microwave CHEEZ WHIZ as directed on label; pour over fries.

Nutrition Facts



Properties

Glycemic Index:3.12, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:3.3878260734289%

Nutrients (% of daily need)

Calories: 90.91kcal (4.55%), Fat: 5.35g (8.23%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.14g (2.96%), Sugar: 1.1g (1.22%), Cholesterol: 5.07mg (1.69%), Sodium: 238.82mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 19.12mg (23.17%), Phosphorus: 79.67mg (7.97%), Fiber: 1.37g (5.48%), Vitamin B6: 0.11mg (5.41%), Potassium: 166.8mg (4.77%), Manganese: 0.08mg (4.08%), Vitamin B3: 0.73mg (3.66%), Vitamin A: 159.54IU (3.19%), Calcium: 28.3mg (2.83%), Iron: 0.48mg (2.67%), Folate: 8.5µg (2.12%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.86%), Magnesium: 7.46mg (1.86%), Vitamin B5: 0.16mg (1.64%), Vitamin K: 1.7µg (1.62%), Zinc: 0.23mg (1.52%), Copper: 0.02mg (1.2%)