



Chili Fries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce chili sauce (recommended: Heinz)
- 1 packet chili seasoning (recommended: Lawry's)
- 16 ounces french-fried potatoes (recommended: Ore-Ida Golden Crinkles)
- 1 pound ground beef
- 0.5 teaspoon onion powder
- 6 servings cheddar shredded kraft (recommended:)
- 0.5 cup water
- 1 teaspoon worcestershire sauce

1 tablespoon mustard yellow

Equipment

baking sheet

oven

pot

Directions

Preheat oven to 450 degrees F.

Lay fries in a single layer on a baking sheet.

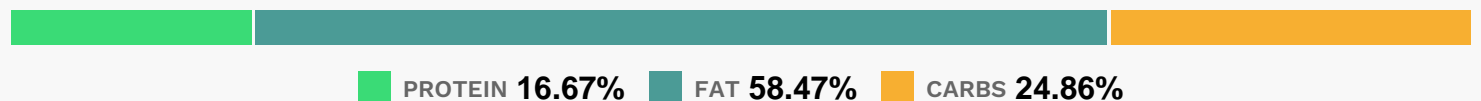
Bake in preheated oven for 20 to 25 minutes, turning halfway through cooking, until crisp and golden.

In a large pot over medium heat, break up ground beef and brown, stirring constantly to break up all the clumps to fine ground.

Add remaining ingredients through the onion powder. Bring to boil. Lower heat and simmer for 30 minutes.

Serve hot fries on a plate smothered with chili and topped with shredded cheese, if using.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:12.69, Inflammation Score:-6, Nutrition Score:17.08260846138%

Nutrients (% of daily need)

Calories: 566.47kcal (28.32%), Fat: 36.9g (56.77%), Saturated Fat: 15.03g (93.95%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 30.34g (11.03%), Sugar: 7.8g (8.67%), Cholesterol: 83.68mg (27.89%), Sodium: 1418.77mg (61.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.35%), Phosphorus: 348.9mg (34.89%), Vitamin B12: 1.94µg (32.26%), Selenium: 21.72µg (31.03%), Zinc: 4.64mg (30.9%), Vitamin B3: 5.85mg (29.25%), Vitamin B6: 0.5mg (24.91%), Calcium: 248.11mg (24.81%), Potassium: 779.27mg (22.26%), Fiber: 4.95g (19.81%), Vitamin B2: 0.31mg (18.38%), Iron: 3.1mg (17.23%), Vitamin C: 14.02mg (16.99%), Vitamin A: 770.81IU (15.42%), Vitamin E: 1.68mg (11.21%), Magnesium: 43.38mg (10.84%), Vitamin B1: 0.15mg (10.33%), Manganese: 0.2mg (9.87%), Vitamin B5: 0.92mg (9.25%), Folate: 33.77µg (8.44%), Copper: 0.16mg (8.15%), Vitamin K: 5.22µg (4.97%), Vitamin

D: 0.26 μ g (1.7%)