



Dog Food Dip

 **Gluten Free**  **Dairy Free**

READY IN



515 min.

SERVINGS



6

CALORIES



526 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 2 pounds ground beef lean
- 1 onion chopped
- 1 pound processed cheese food cubed

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Place lean ground beef and onion in a large, deep skillet over medium high heat. Cook until beef is evenly brown and onion is soft.
- Drain and turn heat to medium low.
- Pour in condensed cream of mushroom soup.
- Mix in processed cheese food and desired amount of jalapeno peppers. Cook and stir until all ingredients are well blended, about 10 minutes.
- Transfer the mixture to a medium bowl. Cover and chill in the refrigerator 8 hours, or overnight.
- Reheat the mixture in a slow cooker, mixing in about 1 tablespoon of water to thin if necessary, before serving.

Nutrition Facts

 **PROTEIN 37.5%**  **FAT 56.98%**  **CARBS 5.52%**

Properties

Glycemic Index:9, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:26.531738882479%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 525.93kcal (26.3%), Fat: 32.83g (50.51%), Saturated Fat: 17.67g (110.44%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.74g (2.45%), Sugar: 2.49g (2.76%), Cholesterol: 171.88mg (57.29%), Sodium: 1723.9mg (74.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.62g (97.23%), Calcium: 809.86mg (80.99%), Phosphorus: 804.01mg (80.4%), Vitamin B12: 4.6µg (76.7%), Zinc: 10.17mg (67.79%), Selenium: 41.67µg (59.53%), Vitamin B3: 8.84mg (44.21%), Vitamin B6: 0.68mg (33.79%), Vitamin B2: 0.46mg (26.81%), Iron: 4.47mg (24.83%), Potassium: 713.7mg (20.39%), Magnesium: 58.31mg (14.58%), Vitamin A: 714.77IU (14.3%), Vitamin B5: 1.39mg (13.94%), Copper: 0.26mg (13%), Manganese: 0.22mg (11.11%), Vitamin E: 1.03mg (6.88%), Vitamin B1: 0.09mg (6.13%), Folate: 20.65µg (5.16%), Vitamin D: 0.6µg (4.03%), Vitamin K: 2.49µg (2.37%), Fiber: 0.41g (1.65%), Vitamin C: 1.36mg (1.64%)