



Jamie's Beer Cheese Game-Day Dip

READY IN



195 min.

SERVINGS



23

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 oz beer
- ☐ 16 oz cheese prepared cut into cubes
- ☐ 1 box beef pasta skillet meal
- ☐ 16 oz cream cheese softened
- ☐ 1 lb ground beef 80% lean cooked drained (at least)
- ☐ 30 oz queso asadero
- ☐ 23 servings tortilla chips for dipping, as desired

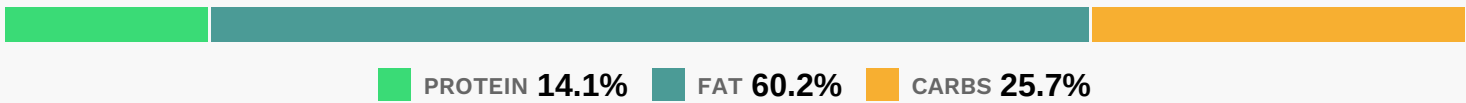
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart round or oval slow cooker with cooking spray. In large bowl, beat cream cheese with electric mixer on high speed until smooth. Beat in salsa con queso dip until well combined, followed by prepared cheese product and beer, beating until nearly smooth.
- ☐ Pour mixture into slow cooker.
- ☐ Add uncooked pasta and sauce mix (from Hamburger Helper box); stir until well combined. Stir in cooked ground beef.
- ☐ Cover; cook on High heat setting 2 to 3 hours, stirring occasionally, until cheese is hot and pasta is done.
- ☐ Serve with tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:10.541304288999%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 469.83kcal (23.49%), Fat: 31.1g (47.85%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 28.05g (10.2%), Sugar: 3.93g (4.36%), Cholesterol: 81.38mg (27.13%), Sodium: 1074.52mg (46.72%), Alcohol: 1.15g (100%), Alcohol %: 0.91% (100%), Protein: 16.39g (32.78%), Phosphorus: 507.77mg (50.78%), Calcium: 325.72mg (32.57%), Zinc: 2.64mg (17.62%), Vitamin B2: 0.3mg (17.59%), Selenium: 11.64µg (16.64%), Vitamin A: 703.29IU (14.07%), Vitamin B12: 0.68µg (11.34%), Vitamin E: 1.39mg (9.25%), Magnesium: 35.75mg (8.94%), Vitamin B3: 1.59mg (7.94%), Vitamin B6: 0.15mg (7.6%), Fiber: 1.83g (7.34%), Potassium:

254.88mg (7.28%), Vitamin B1: 0.11mg (7.13%), Vitamin K: 7.09µg (6.76%), Vitamin B5: 0.64mg (6.37%), Iron: 1.09mg (6.06%), Folate: 12.43µg (3.11%), Copper: 0.05mg (2.54%)