

Nacho Dip III

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

READY IN



15 min.

SERVINGS



4

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers, drained canned
- 1 pound ground beef lean
- 1 onion chopped
- 8 ounce processed cheese cubed

Equipment

- frying pan
- sauce pan

Directions

- Place ground beef and onion in a large, deep skillet. Cook over medium high heat until beef is evenly brown and onions are soft.
- Drain and set aside.
- In a medium saucepan over low heat, melt the cheese.
- Mix in the ground beef, onion and diced tomatoes with green chile peppers.
- Serve warm.

Nutrition Facts

PROTEIN 35.71% **FAT 54.67%** **CARBS 9.62%**

Properties

Glycemic Index:13.5, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:20.044782529707%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 395.84kcal (19.79%), Fat: 23.72g (36.5%), Saturated Fat: 12.8g (80.01%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.81g (5.34%), Cholesterol: 127.01mg (42.34%), Sodium: 1259.39mg (54.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Calcium: 609.04mg (60.9%), Phosphorus: 595.94mg (59.59%), Vitamin B12: 3.39µg (56.51%), Zinc: 7.23mg (48.2%), Selenium: 31.32µg (44.75%), Vitamin B3: 6.31mg (31.53%), Vitamin B6: 0.51mg (25.41%), Vitamin B2: 0.32mg (18.98%), Iron: 3.11mg (17.3%), Potassium: 507.35mg (14.5%), Vitamin C: 10.54mg (12.78%), Fiber: 2.81g (11.23%), Vitamin A: 536.36IU (10.73%), Magnesium: 42.44mg (10.61%), Vitamin B5: 0.99mg (9.9%), Copper: 0.12mg (6.21%), Vitamin E: 0.78mg (5.18%), Vitamin B1: 0.07mg (4.51%), Folate: 15.43µg (3.86%), Manganese: 0.07mg (3.5%), Vitamin D: 0.45µg (3.02%), Vitamin K: 1.92µg (1.83%)