



Southwest Fondue With Beef

READY IN



25 min.

SERVINGS



15

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound deli american cheese white
- 1 cubes dippers: bread corn chips assorted toasted thin
- 0.3 cup cilantro leaves fresh chopped
- 1 pound ground beef lean
- 1.3 cups milk
- 16 oz pepper-jack pasteurized cheese product cubed prepared
- 2 to 3 plum tomatoes diced seeded
- 15 servings garnish: tomato chopped

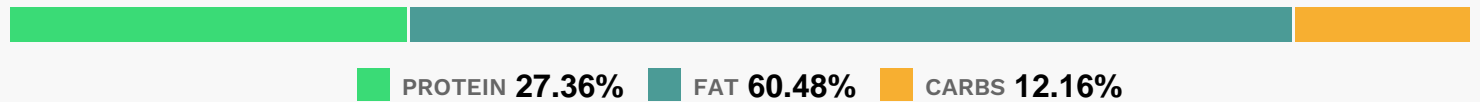
Equipment

- bowl
- frying pan
- microwave

Directions

- Brown ground beef in a skillet over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink; drain.
- Combine pepper-Jack cheese product, American cheese, and milk in a large microwave-safe bowl. Microwave at HIGH 8 minutes or until cheese is melted, stirring every 2 minutes. Stir in ground beef, tomatoes, and cilantro.
- Garnish, if desired.
- Serve with desired dippers.
- Note: For testing purposes only, we used Velveeta Pepper Jack for pasteurized prepared cheese product.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:18.223478296529%

Flavonoids

Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 312.78kcal (15.64%), Fat: 21.32g (32.8%), Saturated Fat: 12.35g (77.19%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 7.38g (2.68%), Sugar: 6.78g (7.53%), Cholesterol: 78.38mg (26.13%), Sodium: 724.36mg (31.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.4%), Calcium: 588.42mg (58.84%), Phosphorus: 454.08mg (45.41%), Vitamin A: 2137.61IU (42.75%), Vitamin C: 25.86mg (31.35%), Vitamin B12: 1.49µg (24.86%), Zinc: 3.6mg (24.03%), Selenium: 16.15µg (23.07%), Potassium: 647.21mg (18.49%), Vitamin B2: 0.3mg (17.75%), Vitamin K:

17.4µg (16.57%), Vitamin B6: 0.32mg (16.11%), Vitamin B3: 2.86mg (14.28%), Manganese: 0.24mg (11.77%),
Magnesium: 45.91mg (11.48%), Vitamin E: 1.44mg (9.59%), Folate: 37.82µg (9.45%), Iron: 1.64mg (9.12%), Fiber: 2.27g
(9.07%), Copper: 0.16mg (7.94%), Vitamin B1: 0.1mg (6.85%), Vitamin B5: 0.62mg (6.25%), Vitamin D: 0.62µg (4.11%)