

Spicy Melted Cheese Dip

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

READY IN



20 min.

SERVINGS



6

CALORIES



785 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers, with liquid canned
- 0.5 pound ground beef
- 0.5 pound sausage meat
- 2 pounds processed cheese food cubed

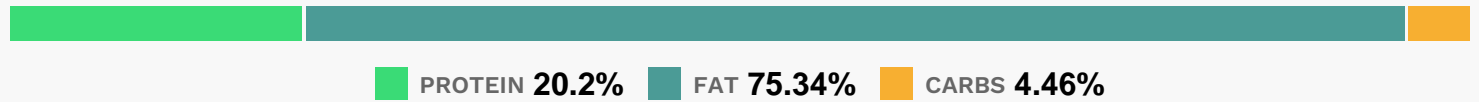
Equipment

- frying pan
- sauce pan

Directions

- Place ground beef and ground pork sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- In a medium saucepan over low heat, melt processed cheese food. Stir in diced tomatoes with green chile peppers while processed cheese food is melting.
- Drain ground beef and ground sausage.
- Mix into the processed cheese food mixture.
- Transfer to a medium dish and serve warm.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:23.68869552405%

Nutrients (% of daily need)

Calories: 784.62kcal (39.23%), Fat: 65.65g (101.01%), Saturated Fat: 33.53g (209.54%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.19g (2.61%), Sugar: 4.99g (5.54%), Cholesterol: 205.25mg (68.42%), Sodium: 2949.58mg (128.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.21%), Calcium: 1590.22mg (159.02%), Phosphorus: 1079.93mg (107.99%), Vitamin B12: 3.4µg (56.64%), Selenium: 36.21µg (51.73%), Zinc: 6.17mg (41.1%), Vitamin A: 1457.17IU (29.14%), Vitamin B2: 0.46mg (26.82%), Vitamin B3: 3.49mg (17.45%), Vitamin B6: 0.32mg (15.97%), Magnesium: 51.03mg (12.76%), Iron: 2.11mg (11.7%), Potassium: 395.38mg (11.3%), Vitamin B5: 1.05mg (10.53%), Vitamin D: 1.44µg (9.58%), Vitamin E: 1.44mg (9.58%), Vitamin B1: 0.14mg (9.53%), Vitamin C: 5.93mg (7.19%), Fiber: 1.56g (6.24%), Copper: 0.12mg (5.88%), Vitamin K: 4.76µg (4.54%), Folate: 15.12µg (3.78%), Manganese: 0.07mg (3.38%)