



## VELVEETA® Spicy Cheeseburger Dip

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 green onions sliced
- 0.5 lb ground beef cooked drained
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 10 oz ro\*tel tomatoes & chilies diced green undrained canned
- 16 oz velveeta cut into 1/2-inch cubes

### Equipment

- bowl
- microwave

## Directions

- Combine all ingredients except onions in microwaveable bowl.
- Microwave on HIGH 5 min. or until VELVEETA is melted and mixture is well blended, stirring after 3 min. Stir in onions.

## Nutrition Facts

**PROTEIN 32.9%** **FAT 52.31%** **CARBS 14.79%**

## Properties

Glycemic Index:3.5, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:4.800000058568%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 96.7kcal (4.83%), Fat: 5.6g (8.61%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.42g (2.69%), Cholesterol: 21.16mg (7.05%), Sodium: 403.05mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Phosphorus: 280.37mg (28.04%), Calcium: 179.16mg (17.92%), Vitamin B2: 0.19mg (10.93%), Zinc: 1.23mg (8.18%), Vitamin A: 391.65IU (7.83%), Vitamin K: 6.38µg (6.08%), Vitamin B12: 0.29µg (4.81%), Potassium: 153.78mg (4.39%), Selenium: 2.52µg (3.6%), Vitamin C: 2.42mg (2.93%), Vitamin B3: 0.58mg (2.91%), Vitamin B6: 0.05mg (2.67%), Iron: 0.34mg (1.88%), Magnesium: 5.26mg (1.31%), Folate: 4.96µg (1.24%), Manganese: 0.02mg (1.08%)