



Healthdor

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## Chips & Cheese

Chips & Cheese is a popular snack dish made with crispy chips and melted cheese. It is commonly consumed as a quick and delicious appetizer or snack. The dish originated in North America and has become a favorite in many countries.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g potato chips

250 g cheddar cheese

### Directions

## Step 1

### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Baking

Spread the potato chips evenly on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 3

### Baking

Sprinkle the cheddar cheese over the potato chips.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

### Baking

Place the baking sheet in the oven and bake for 5 minutes or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Cooling

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 10 g

**Carbohydrates:** 60 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	14 g	63.64%	82.35%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

**Events**

Game Day

**Course**

Appetizers

Snacks

## Cultural

Chinese New Year

## Demographics

Kids Friendly

Teen Friendly

## Diet

Body for Life Diet

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Negative Calorie Diet

The Master Cleanse Diet

The SlimFast Diet

The Shangri-La Diet

The 3-Day Diet

The Peanut Butter Diet

The Bulletproof Diet

## Meal Type

Snack

Supper

## Difficulty Level

Easy

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