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Ranch Chili Cheese Fries ♦

Ranch Chili Cheese Fries are a delicious and indulgent snack that combines crispy fries with savory chili, melted cheese, and tangy ranch dressing. This dish is perfect for game day or any casual gathering with friends and family. The combination of flavors and textures creates a satisfying and comforting dish that is sure to be a crowd-pleaser.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|-------------------------|
| 500 g | frozen french fries |
| 400 g | canned chili |
| 200 g | shredded cheddar cheese |
| 100 g | ranch dressing |

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Spread the frozen French fries on a baking sheet in a single layer.

Prep Time: 0 mins

Cook Time: 25 mins

Step 3

Stove

While the fries are baking, heat the canned chili in a saucepan over medium heat until warmed through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Oven

Remove the fries from the oven and sprinkle shredded cheddar cheese over the top. Return to the oven for 5 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the cheesy fries with the warm chili and drizzle ranch dressing over the top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 40 g | 72.73% | 80% |
| Fibers | 5 g | 13.16% | 20% |
| 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 | 5 g | N/A | N/A |
| Saturated Fat | 10 g | 45.45% | 58.82% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 30 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 2 mg | 2.22% | 2.67% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|---------|------------------------|--------------------------|
| Sodium | 1000 mg | 43.48% | 43.48% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Snack

Lunch

Events

Picnic

Game Day

Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Difficulty Level

Easy

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