



Healthdor

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## Beef, Turkey & Cheddar ♦♦

This recipe combines the flavors of beef, turkey, and cheddar cheese to create a delicious and satisfying dish. It can be enjoyed as a main course or as a sandwich filling. The beef and turkey are cooked to perfection and then topped with melted cheddar cheese for added richness. The result is a flavorful and hearty dish that is sure to please any meat lover.

**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

250 g	Beef
250 g	Turkey
200 g	cheddar cheese

# Directions

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## Step 1

Preheating

Preheat the oven to 350°F.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Stove

In a skillet, cook the beef and turkey until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 3

Transfer the cooked beef and turkey to a baking dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Oven

Top the beef and turkey with cheddar cheese.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Oven

Bake in the preheated oven until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 25 g

**Protein:** 30 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Cuisines

Italian

### Nutritional Content

Low Calorie

### Kitchen Tools

Blender

Slow Cooker

### Course

Appetizers

Main Dishes

Desserts

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Easter

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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