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Chili Cheddar Fries ♦

Chili Cheddar Fries are a delicious and satisfying dish that combines crispy fries with savory chili and melted cheddar cheese. This hearty comfort food is perfect for a casual meal or game day snack. The fries are cooked until golden and crispy, then topped with a flavorful homemade chili made with ground beef, beans, and spices. Finally, the fries are smothered in melted cheddar cheese and garnished with green onions for a burst of freshness. Whether you're hosting a party or just craving a tasty treat, Chili Cheddar Fries are sure to be a hit!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	frozen french fries
500 g	Ground Beef
400 g	Kidney Beans

400 g	canned diced tomatoes
200 g	cheddar cheese
50 g	Green Onions
10 g	chili powder
5 g	cumin
5 g	salt
2 g	pepper

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 in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 25 mins

Step 3

Stove

While the fries are baking, cook the ground beef in a skillet over medium heat until browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Add the kidney beans, diced tomatoes, chili powder, cumin, salt, and pepper to the skillet with the cooked ground beef. Stir to combine and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Remove the fries from the oven and top with the chili mixture. Sprinkle with cheddar cheese.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Baking

Return the fries to the oven and bake for an additional 5 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Garnish with sliced green onions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 50 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	50 g	90.91%	100%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	80 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	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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