



Iowa Girl Eats: Crockpot Cheeseburger Fries w/ Special Sauce

Ground beef, onion, [GF beef concentrate](#), apple cider vinegar, brown sugar, [Worcestershire sauce](#), [GF tamari soy sauce](#), salt, ground black pepper, [waffle fries](#), tomatoes, [shredded cheddar cheese](#), [pickle slices](#), [mayonnaise](#), [ketchup](#), dill pickle relish, white vinegar, sugar

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Nutrition Facts	
Iowa Girl Eats: Crockpot Cheeseburger Fries	
6 servings per container	
Serving Size	1.00 each
Amount per serving	
Calories	692
	%Daily Value*
Total Fat 36g	47%
Saturated Fat 9.3g	47%
<i>Trans</i> Fat 1.1g	
Cholesterol 72mg	24%
Sodium 1991mg	87%
Total Carbohydrate 65g	24%
Dietary Fiber 3.6g	13%
Total Sugars 8.4g	
Includes 0g Added Sugars	0%
Proteins 24g	
Vitamin D 0.2mcg	1%
Calcium 168mg	13%
Iron 2.8mg	16%
Potassium 342mg	7%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	