



2-Step Taco Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

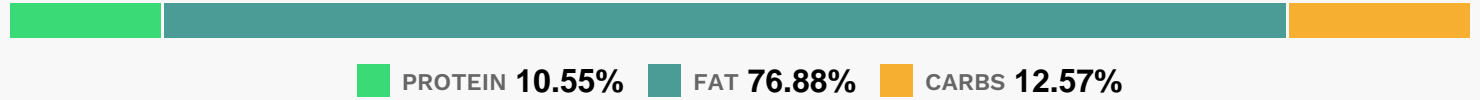
- 16 oz knudsen cream sour
- 1 cup tightly lettuce shredded packed
- 1 cup cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix
- 1 tomatoes chopped

Equipment

Directions

- Mix sour cream and seasoning mix until blended; spread onto bottom of pie plate.
- Cover with layers of tomatoes, lettuce and cheese.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:3.9808695705041%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 144.47kcal (7.22%), Fat: 12.68g (19.5%), Saturated Fat: 6.76g (42.22%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.58g (2.87%), Cholesterol: 38.06mg (12.69%), Sodium: 318.02mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Vitamin A: 800.36IU (16.01%), Calcium: 128.23mg (12.82%), Phosphorus: 90.62mg (9.06%), Vitamin B2: 0.13mg (7.66%), Selenium: 4.88µg (6.98%), Vitamin C: 3.57mg (4.33%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.22µg (3.58%), Vitamin K: 3.66µg (3.48%), Fiber: 0.77g (3.07%), Potassium: 104.7mg (2.99%), Magnesium: 9.44mg (2.36%), Folate: 9.03µg (2.26%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (1.96%), Iron: 0.3mg (1.69%), Manganese: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.32%), Copper: 0.02mg (1.05%)