



Bab's South of the Border Taco Dip



Gluten Free



Popular

READY IN



60 min.

SERVINGS



20

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced pitted peeled
- ☐ 6 ounce olives black drained sliced canned
- ☐ 0.5 teaspoon chili powder
- ☐ 2 chipotle peppers in adobo sauce minced
- ☐ 16 ounce cream cheese softened
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onion chopped

- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 16 ounce taco sauce
- ☐ 2 cups iceberg lettuce divided chopped
- ☐ 2 lime zest juiced
- ☐ 1 bell pepper diced red
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 cup tomatoes fresh chopped

Equipment

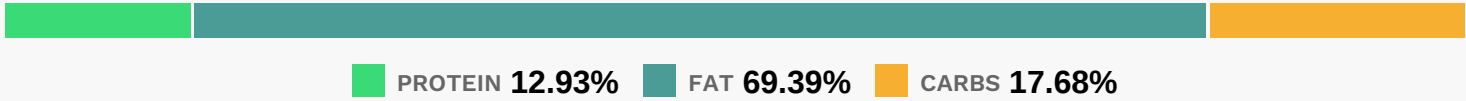
- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Cook the ground beef in a large skillet over medium heat until browned and crumbly, about 10 minutes.
- ☐ Drain the excess grease.
- ☐ Stir in the garlic, chipotle peppers, cumin, and chili powder; cook just until the flavors combine, about 5 minutes. Set aside to cool.
- ☐ In a bowl, mix the cream cheese, red bell pepper, and 2 teaspoons lime juice to make a spreadable mixture.
- ☐ Layer the cream cheese mixture in the bottom of a large springform pan or 9x13-inch baking dish.
- ☐ Spread the cooled beef mixture over the cream cheese.
- ☐ Top the beef layer with layers of tomato, black olives, Cheddar cheese, half the lettuce, green onion, remaining lettuce, and the taco sauce.

- ☐ Lightly toss the avocados with juice and zest of 2 limes; spread the avocados over the taco sauce.
- ☐ Finish the dip by dotting dollops of sour cream all over the top of the dish and sprinkling with cilantro.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:8.6534781818805%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 275.21kcal (13.76%), Fat: 21.66g (33.32%), Saturated Fat: 9.68g (60.53%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.04g (3.65%), Sugar: 7.37g (8.19%), Cholesterol: 53.7mg (17.9%), Sodium: 571.35mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin A: 871.73IU (17.43%), Vitamin C: 13.53mg (16.39%), Vitamin K: 14.71µg (14.01%), Phosphorus: 134.97mg (13.5%), Selenium: 9.03µg (12.91%), Calcium: 126.52mg (12.65%), Zinc: 1.69mg (11.28%), Vitamin B12: 0.67µg (11.12%), Vitamin B2: 0.19mg (10.89%), Fiber: 2.37g (9.48%), Vitamin B6: 0.19mg (9.33%), Vitamin E: 1.34mg (8.94%), Folate: 31.24µg (7.81%), Potassium: 267.37mg (7.64%), Vitamin B3: 1.51mg (7.56%), Vitamin B5: 0.64mg (6.43%), Magnesium: 19.66mg (4.92%), Iron: 0.88mg (4.9%), Copper: 0.09mg (4.37%), Manganese: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.22%)