



Baked Taco Dip

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 pound ground beef lean
- ☐ 1.5 cups salsa
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 ounce taco seasoning
- ☐ 1 cup water

Equipment

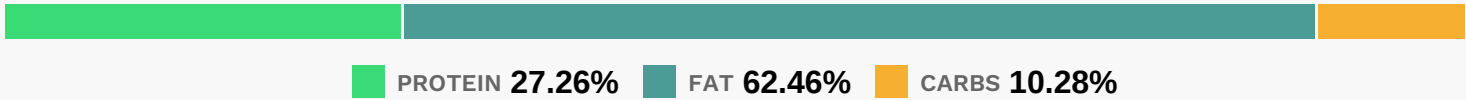
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spread cream cheese in an even layer in the bottom of an 8x8-inch baking dish.
- ☐ Cook and stir beef in a skillet over medium-high heat until browned and cooked through, 5 to 10 minutes.
- ☐ Add water and taco seasoning mix; stir. Simmer until most of the liquid evaporates, 3 to 5 minutes.
- ☐ Spread meat mixture over the cream cheese in the baking dish.
- ☐ Pour salsa over meat mixture. Top with Cheddar cheese.
- ☐ Bake taco dip in preheated oven until bubbling and cheese is melted, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:11.70347839853%

Nutrients (% of daily need)

Calories: 284.15kcal (14.21%), Fat: 19.88g (30.59%), Saturated Fat: 11.08g (69.25%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.66g (4.06%), Cholesterol: 84.97mg (28.32%), Sodium: 872.19mg (37.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Selenium: 18.74µg (26.77%), Zinc: 3.91mg (26.04%), Vitamin B12: 1.56µg (25.95%), Phosphorus: 255.24mg (25.52%), Vitamin A: 1159.47IU (23.19%), Calcium: 196.93mg (19.69%), Vitamin B3: 3.7mg (18.49%), Vitamin B6: 0.34mg (16.93%), Vitamin B2: 0.27mg (15.62%), Potassium: 375.69mg (10.73%), Iron: 1.86mg (10.32%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.71mg (7.12%), Magnesium: 28.35mg (7.09%), Fiber: 1.54g (6.17%), Copper: 0.09mg (4.61%), Vitamin B1: 0.05mg (3.53%), Manganese: 0.07mg (3.3%), Vitamin K: 3.32µg (3.16%), Vitamin C: 2.52mg (3.06%), Folate: 11.79µg (2.95%), Vitamin D: 0.18µg (1.23%)