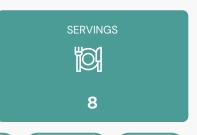


Baked Taco Dip

Gluten Free







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.						
ur 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						
PROTEIN 27.26% FAT 62.46% CARBS 10.28%						

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 %: O% (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%)