



Beef and Salsa Dip

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound ground beef
- 0.5 head iceberg lettuce dried shredded rinsed
- 16 ounce salsa
- 0.5 pound cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour

Equipment

- frying pan

Directions

- Place ground beef in a large skillet. Cook and stir over medium heat until browned.
- Drain off excess fat. Stir in salsa, and simmer over low heat for 10 minutes.
- Pat cooked meat into bottom of a pie plate, cover, and refrigerate.
- When meat is completely chilled, spread sour cream over meat. Arrange lettuce evenly over sour cream, and top with Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.271739151167%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 336.97kcal (16.85%), Fat: 26.63g (40.97%), Saturated Fat: 12.67g (79.22%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.4g (1.96%), Sugar: 3.88g (4.32%), Cholesterol: 85.33mg (28.44%), Sodium: 607.5mg (26.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Phosphorus: 265.85mg (26.59%), Vitamin B12: 1.57µg (26.22%), Calcium: 261.21mg (26.12%), Selenium: 18.12µg (25.89%), Zinc: 3.67mg (24.45%), Vitamin A: 901.95IU (18.04%), Vitamin B2: 0.28mg (16.65%), Vitamin B6: 0.33mg (16.41%), Vitamin B3: 3.11mg (15.57%), Vitamin K: 12.63µg (12.03%), Potassium: 404.14mg (11.55%), Vitamin E: 1.31mg (8.7%), Iron: 1.54mg (8.56%), Magnesium: 30.99mg (7.75%), Vitamin B5: 0.64mg (6.42%), Folate: 23.66µg (5.92%), Manganese: 0.12mg (5.89%), Fiber: 1.42g (5.7%), Vitamin B1: 0.07mg (4.8%), Copper: 0.09mg (4.72%), Vitamin C: 2.28mg (2.76%), Vitamin D: 0.23µg (1.51%)