

Cheesy Taco Dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce canned tomatoes crushed canned
- 1 pound ground beef lean
- 1 pound processed cheese shredded
- 1.3 ounce taco seasoning
- 0.8 cup water

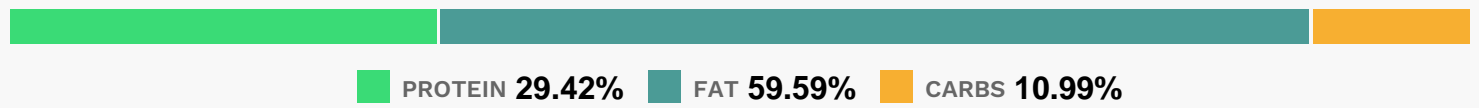
Equipment

- frying pan
- slow cooker

Directions

- In a large skillet, brown ground beef.
- Drain fat. Stir in seasoning packet and water. Bring to a boil, reduce heat to simmer.
- Let cook for 5 minutes, stir occasionally.
- Place ground beef mixture into a slow cooker.
- Add tomatoes and cheese to the slow cooker.
- Cook on low for 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:13.250000010366%

Nutrients (% of daily need)

Calories: 251.6kcal (12.58%), Fat: 16.81g (25.87%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.45g (1.98%), Sugar: 3.69g (4.1%), Cholesterol: 73.48mg (24.49%), Sodium: 1134.56mg (49.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.36%), Calcium: 494.04mg (49.4%), Phosphorus: 395.08mg (39.51%), Vitamin B12: 1.7µg (28.27%), Selenium: 17.33µg (24.75%), Zinc: 3.56mg (23.75%), Vitamin A: 858.6IU (17.17%), Vitamin B3: 3.08mg (15.4%), Vitamin B6: 0.27mg (13.52%), Iron: 2.19mg (12.19%), Vitamin B2: 0.2mg (11.93%), Potassium: 349.72mg (9.99%), Magnesium: 31.02mg (7.76%), Copper: 0.14mg (7.08%), Vitamin E: 1.06mg (7.05%), Vitamin C: 5.77mg (6.99%), Fiber: 1.53g (6.11%), Vitamin B5: 0.6mg (6%), Manganese: 0.11mg (5.31%), Vitamin B1: 0.06mg (3.96%), Vitamin K: 3.72µg (3.54%), Folate: 11.79µg (2.95%), Vitamin D: 0.32µg (2.12%)