



## Hot Baked Taco Dip

 Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bell pepper green chopped
- 1 bunch green onions chopped
- 1 pound ground beef
- 2 tablespoons taco sauce hot to taste
- 8 ounce sharp cheddar cheese shredded
- 16 ounce cup heavy whipping cream sour
- 1 package taco seasoning
- 1 tomatoes chopped

14.5 ounce tortilla chips as needed

## Equipment

frying pan

oven

casserole dish

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch casserole dish with cooking spray.

Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir bell pepper and taco seasoning into ground beef.

Spread ground beef mixture into prepared casserole dish.

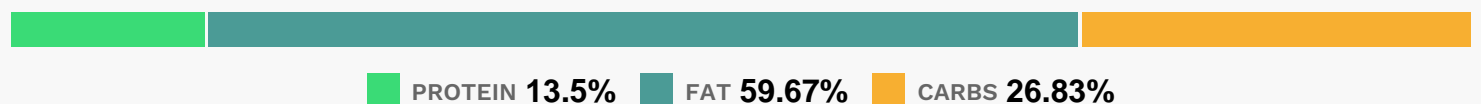
Sprinkle tomato and green onions over ground beef mixture; top with taco sauce.

Spread sour cream over taco sauce layer and top with Cheddar cheese.

Bake in the preheated oven until cheese is melted and bubbling, 10 to 20 minutes.

Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:5.35, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:6.8343478596729%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 253.59kcal (12.68%), Fat: 17.07g (26.26%), Saturated Fat: 6.79g (42.44%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.63g (5.68%), Sugar: 1.98g (2.2%), Cholesterol: 40.82mg (13.61%), Sodium: 323.67mg (14.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Phosphorus: 154.36mg (15.44%), Calcium: 131.02mg (13.1%), Selenium: 8.36µg (11.95%), Zinc: 1.75mg (11.64%), Vitamin B12: 0.65µg (10.89%), Vitamin A: 504.91IU (10.1%), Vitamin K: 8.73µg (8.31%), Vitamin C: 6.84mg (8.3%), Vitamin B2: 0.14mg (8.23%), Vitamin B6: 0.15mg (7.31%), Vitamin E: 1.05mg (7.01%), Magnesium: 27.96mg (6.99%), Fiber: 1.64g (6.58%), Vitamin B3: 1.23mg (6.15%), Iron: 0.96mg (5.33%), Vitamin B5: 0.49mg (4.93%), Potassium: 164.02mg (4.69%), Vitamin B1: 0.05mg (3.51%), Folate: 10.08µg (2.52%), Copper: 0.05mg (2.51%), Manganese: 0.02mg (1.1%)