

Layered Taco Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce olives diced black drained canned
- 16 ounce curd cottage cheese
- 16 ounce cream cheese softened
- 2 bunches green onions chopped
- 1 teaspoon juice of lemon
- 2 cups lettuce shredded
- 2 cups cheddar cheese shredded
- 1 ounce taco seasoning

1 tomatoes chopped

Equipment

bowl

Directions

In a medium bowl combine cream cheese, cottage cheese, taco seasoning and lemon juice.

In a glass bowl or on a serving platter, layer cheese mixture, green onions, black olives, tomatoes, lettuce and cheese.

Nutrition Facts

 **PROTEIN 16.84%**  **FAT 73.55%**  **CARBS 9.61%**

Properties

Glycemic Index:15.25, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:7.3517391552096%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 262.37kcal (13.12%), Fat: 21.8g (33.54%), Saturated Fat: 12g (75.03%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.57g (3.97%), Cholesterol: 63.44mg (21.15%), Sodium: 627.6mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Vitamin A: 1174.99IU (23.5%), Calcium: 209.74mg (20.97%), Phosphorus: 193.37mg (19.34%), Selenium: 12.33µg (17.61%), Vitamin B2: 0.24mg (14.13%), Vitamin K: 13.29µg (12.66%), Vitamin B12: 0.45µg (7.42%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.53mg (5.28%), Vitamin E: 0.78mg (5.17%), Folate: 19.7µg (4.92%), Potassium: 158.37mg (4.52%), Vitamin C: 3.72mg (4.5%), Fiber: 0.97g (3.89%), Magnesium: 14.82mg (3.71%), Vitamin B6: 0.07mg (3.44%), Vitamin B1: 0.04mg (2.42%), Iron: 0.42mg (2.32%), Copper: 0.04mg (2.1%), Manganese: 0.04mg (2%), Vitamin D: 0.15µg (1.01%)