



Mexican Lasagna Chip Dip

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce olives black drained sliced canned
- 8 ounce chiles green chopped canned
- 16 ounce cream cheese sliced
- 1 pound ground beef
- 1 cup onion diced
- 32 ounce refried beans canned
- 16 ounce salsa
- 2 cups cheddar cheese shredded

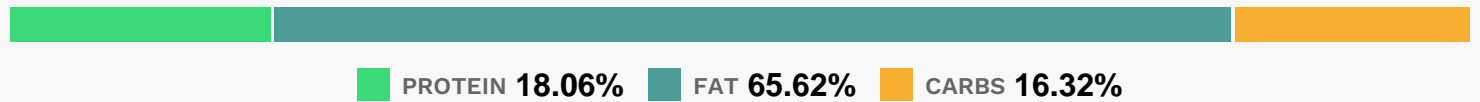
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place ground beef and onions in a large, deep skillet. Cook over medium high heat until onions are soft and ground beef is evenly brown.
- Remove from heat.
- Drain beef and mix in salsa, refried beans, green chile peppers and black olives.
- Transfer mixture to a 9x13 inch baking dish.
- Layer with cream cheese slices. Top with Cheddar cheese.
- Bake in the preheated oven 10 to 15 minutes, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:3.6795651951562%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 131.29kcal (6.56%), Fat: 9.54g (14.68%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.78g (1.37%), Sugar: 1.85g (2.06%), Cholesterol: 28.75mg (9.58%), Sodium: 376.84mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Calcium: 76.96mg (7.7%), Selenium: 5.06µg (7.23%), Phosphorus: 70.17mg (7.02%), Vitamin A: 337.09IU (6.74%), Fiber: 1.56g (6.25%), Vitamin B12: 0.37µg (6.24%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.08mg (4.99%), Vitamin B6: 0.09mg (4.51%), Vitamin B3: 0.76mg

(3.79%), Iron: 0.67mg (3.71%), Vitamin C: 2.8mg (3.39%), Potassium: 105.18mg (3.01%), Vitamin E: 0.43mg (2.89%), Folate: 8.36µg (2.09%), Vitamin B5: 0.2mg (2.03%), Magnesium: 7.95mg (1.99%), Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.2%), Manganese: 0.02mg (1.2%), Vitamin K: 1.25µg (1.19%)