

Mexican Style Dip

 **Gluten Free**

READY IN



25 min.

SERVINGS



12

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 pound ground beef
- 0.3 cup jalapeno chopped
- 0.5 cup salsa
- 2 cups cheese shredded mexican-style
- 1.3 ounce taco seasoning
- 0.7 cup water

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 9 inch pie plate with vegetable oil spray.

Press cream cheese evenly onto the bottom of the pie plate.

In a large skillet, brown the hamburger.

Drain excess fat.

Mix in the taco seasoning and water. Cook and stir 2 to 4 minutes.

Remove the skillet from the heat before mixing in salsa and jalapenos.

Pour the beef mixture over the cream cheese in the pie plate.

Sprinkle the Mexican-style cheese over the entire dish.

Bake at 350 degrees F (175 degrees C) until the cheese has melted.

Nutrition Facts

PROTEIN 29.58% **FAT 61.77%** **CARBS 8.65%**

Properties

Glycemic Index:7.17, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:7.4052173832188%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 183.17kcal (9.16%), Fat: 12.59g (19.37%), Saturated Fat: 7.13g (44.55%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.95g (2.16%), Cholesterol: 57.27mg (19.09%), Sodium: 511.37mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.13%), Vitamin B12: 1.31µg (21.9%), Zinc: 2.59mg (17.26%), Phosphorus: 165.1mg (16.51%), Selenium: 11.48µg (16.4%), Vitamin A: 729.25IU (14.58%), Calcium: 119.65mg (11.97%), Vitamin B3: 2.26mg (11.29%), Vitamin B6: 0.19mg (9.63%), Vitamin B2: 0.16mg (9.53%), Iron: 1.25mg (6.96%), Potassium: 202.52mg (5.79%), Vitamin C: 3.76mg (4.56%), Vitamin B5: 0.4mg (4.05%), Magnesium: 15.79mg (3.95%), Vitamin E: 0.5mg (3.35%), Fiber: 0.8g (3.21%), Copper: 0.04mg (2.23%), Vitamin B1: 0.03mg (2%), Vitamin K: 1.74µg (1.66%), Folate: 5.84µg (1.46%), Manganese: 0.03mg (1.28%)