

Nacho Dip I

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese
- 0.8 cup lettuce shredded
- 0.8 cup salsa
- 0.8 cup cheddar cheese shredded
- 1 cup heavy whipping cream sour
- 2 tablespoons taco seasoning

Equipment

Directions

- Combine the softened cream cheese, sour cream and taco seasoning on a large plate or in a pie plate.
- Spread the salsa on top of the cream cheese-sour cream mixture. Top with lettuce and cheddar cheese.

Nutrition Facts

PROTEIN 9.97% **FAT 80.01%** **CARBS 10.02%**

Properties

Glycemic Index:14.33, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:6.3552174334941%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 25.32g (38.95%), Saturated Fat: 14.23g (88.92%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.35g (4.83%), Cholesterol: 74.92mg (24.97%), Sodium: 504.28mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Vitamin A: 1167.35IU (23.35%), Calcium: 185.97mg (18.6%), Phosphorus: 146.47mg (14.65%), Vitamin B2: 0.23mg (13.31%), Selenium: 8.97µg (12.81%), Vitamin E: 0.99mg (6.6%), Zinc: 0.91mg (6.08%), Potassium: 205.23mg (5.86%), Vitamin B6: 0.11mg (5.38%), Vitamin B12: 0.31µg (5.22%), Vitamin K: 5.24µg (4.99%), Vitamin B5: 0.48mg (4.76%), Magnesium: 16.55mg (4.14%), Fiber: 0.85g (3.4%), Folate: 12.58µg (3.14%), Manganese: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.37%), Vitamin B3: 0.45mg (2.26%), Copper: 0.04mg (2.09%), Vitamin C: 1.59mg (1.93%), Iron: 0.32mg (1.78%)