



Scarecrow-d Taco Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cherry tomatoes
- 8 oz cream cheese softened
- 1 cup lettuce chopped
- 0.3 cup olives ripe sliced
- 1 cup refried beans old el paso® (from 16-oz can)
- 0.5 cup salsa thick old el paso®
- 4 oz cheddar cheese shredded
- 2 teaspoons taco seasoning old el paso® (from 1-oz package)

16 servings tortilla chips triangular-shaped ()

Equipment

bowl

drinking straws

Directions

In small bowl, mix cream cheese and taco seasoning mix until smooth.

Spread on 10-inch plate. Spoon salsa evenly over cream cheese mixture. Reserve 4 olive slices; sprinkle remaining olives over salsa. Reserve 1/4 cup cheese; sprinkle remaining cheese over olives. Spoon beans in center of plate; spread to 6-inch circle to resemble head of scarecrow.

Sprinkle lettuce around beans.

Cut 1 tomato in half; place each half on scarecrow, cut side up, to resemble eyes.

Add remaining tomato to resemble nose.

Place 1 reserved olive slice on each "eye" to resemble pupil.

Cut the remaining olive slices in half and arrange the pieces to resemble mouth.

Arrange tortilla chips to resemble a hat on the scarecrow's head. Arrange the reserved cheese to come out from under the hat and at the bottom of the face to resemble straw.

Serve dip with tortilla chips. Store dip in refrigerator.

Nutrition Facts



PROTEIN 9.2% FAT 52.12% CARBS 38.68%

Properties

Glycemic Index:7.81, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:4.6852173844109%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 227.19kcal (11.36%), Fat: 13.43g (20.66%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.99g (7.27%), Sugar: 1.61g (1.79%), Cholesterol: 21.4mg (7.13%), Sodium: 356.85mg (15.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Phosphorus: 114.81mg (11.48%), Calcium: 102.9mg (10.29%), Fiber: 2.43g (9.72%), Vitamin E: 1.36mg (9.09%), Vitamin K: 7.83µg (7.46%), Magnesium: 28.67mg (7.17%), Vitamin A: 356.12IU (7.12%), Selenium: 4.56µg (6.52%), Vitamin B2: 0.09mg (5.16%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.08mg (4.07%), Iron: 0.67mg (3.7%), Vitamin B1: 0.05mg (3.36%), Potassium: 107.95mg (3.08%), Copper: 0.04mg (2.13%), Folate: 8.09µg (2.02%), Vitamin B3: 0.36mg (1.82%), Vitamin B12: 0.11µg (1.77%)