



Scoop-It-Up Taco Dip

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.6 oz taco shells (12 Count)
- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 16 oz refried beans traditional canned
- 3 cups lettuce shredded
- 4 oz cheddar cheese shredded
- 1 medium tomatoes diced
- 1 cup salsa thick

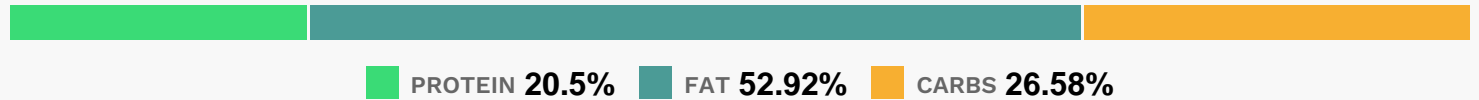
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375°F. Break taco shells in half; arrange in single layer on ungreased cookie sheet.
- Bake 5 to 7 minutes.
- Meanwhile, prepare ground beef with seasoning mix as directed on box.
- Heat refried beans as directed on can.
- Layer lettuce, beans, seasoned ground beef, cheese, tomato and salsa on large plate.
- Serve with warm taco shell halves for scooping.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:5.44, Inflammation Score:-5, Nutrition Score:7.9060869165089%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 226.71kcal (11.34%), Fat: 13.23g (20.35%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 11.46g (4.17%), Sugar: 3.03g (3.37%), Cholesterol: 36.29mg (12.1%), Sodium: 674.73mg (29.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Vitamin B12: 0.91µg (15.15%), Zinc: 2.19mg (14.6%), Phosphorus: 141.32mg (14.13%), Fiber: 3.49g (13.96%), Selenium: 9.08µg (12.97%), Vitamin A: 629.27IU (12.59%), Calcium: 107.29mg (10.73%), Vitamin B3: 2.13mg (10.66%), Vitamin B6: 0.2mg (10.23%), Iron: 1.62mg (8.99%), Vitamin K: 7.9µg (7.52%), Vitamin B2: 0.12mg (7.04%), Potassium: 240.01mg (6.86%), Manganese: 0.13mg

(6.27%), Magnesium: 23.63mg (5.91%), Folate: 19.75µg (4.94%), Vitamin E: 0.65mg (4.35%), Vitamin C: 3.38mg (4.1%), Vitamin B1: 0.06mg (4.08%), Copper: 0.06mg (3.15%), Vitamin B5: 0.3mg (2.98%)