



Six-Layer Spiderweb Dip

 Gluten Free

READY IN



20 min.

SERVINGS



72

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained progresso® canned
- 1 lb ground beef
- 7 oz guacamole
- 24 oz salsa thick old el paso®
- 1 cup cheddar cheese shredded
- 8 oz cream sour
- 1 oz taco seasoning old el paso®
- 72 servings tortilla chips plain

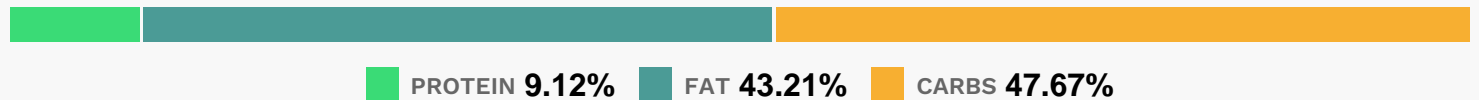
Equipment

- bowl
- frying pan
- knife
- ziploc bags

Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in taco seasoning mix. Spoon into heatproof glass serving bowl.
- Spread salsa over beef mixture.
- Spread black beans over salsa, reserving 1 bean for topping.
- Sprinkle with cheese. Spoon 2 tablespoons of the sour cream into small resealable food-storage plastic bag; seal bag and set aside. Spoon remaining sour cream over cheese. Spoon guacamole over sour cream.
- Cut off tiny corner of bag; twist above sour cream and, working from center to outer edge, pipe sour cream to form spiral design. Working from center of spiral to outer edge, draw tip of knife lightly through spiral to form web, about 12 times.
- Place reserved black bean in web for spider.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.1443478478038%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 173.23kcal (8.66%), Fat: 8.55g (13.15%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 18.88g (6.87%), Sugar: 0.8g (0.89%), Cholesterol: 7.81mg (2.6%), Sodium: 223.11mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Fiber: 2.35g (9.39%), Phosphorus: 93mg (9.3%), Vitamin E: 1.2mg (8.02%), Magnesium: 29.58mg (7.39%), Vitamin K: 7.03µg (6.69%), Zinc: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.98%), Calcium: 49.29mg (4.93%), Vitamin B5: 0.45mg (4.46%), Iron: 0.75mg (4.18%), Selenium: 2.7µg (3.86%), Vitamin B1: 0.06mg (3.75%), Potassium: 129.17mg (3.69%), Vitamin B3: 0.7mg (3.48%), Vitamin B2: 0.05mg (3.11%), Copper: 0.05mg (2.73%), Vitamin B12: 0.16µg (2.68%), Folate: 10.41µg (2.6%), Vitamin A: 117.27IU (2.35%), Manganese: 0.03mg (1.48%)