



WHATSHEATE



Taco Dip



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



620 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced
- ☐ 2 tablespoons olives black sliced
- ☐ 1 handful cilantro leaves
- ☐ 4 ounces cream cheese room temperature
- ☐ 0.5 pound ground beef
- ☐ 0.5 cup jack cheese shredded
- ☐ 1 cup lettuce shredded
- ☐ 0.3 cup mayonnaise

- ☐ 1 cup salsa
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 tablespoon taco seasoning
- ☐ 1 tomatoes diced
- ☐ 2 tablespoons water

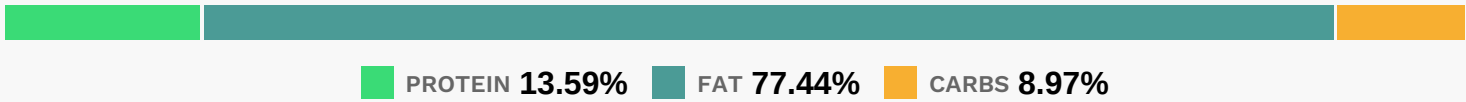
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown the ground beef in a pan, drain the grease add the taco seasoning and water, mix and simmer until the water evaporates.
- ☐ Mix the beef, cream cheese, sour cream, mayonnaise, salsa and cheeses in a large bowl, reserving some of the cheese.
- ☐ Pour the mixture into a baking dish and top with the reserved cheese, bake in a preheated 350F oven until it is bubbling on the sides and golden brown on top, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:20.26478251167%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 619.6kcal (30.98%), Fat: 54.44g (83.75%), Saturated Fat: 21.21g (132.54%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 8.84g (3.21%), Sugar: 6.3g (7%), Cholesterol: 118.43mg (39.48%), Sodium: 923.65mg (40.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Vitamin K: 48.76µg (46.44%), Vitamin A: 1663.49IU (33.27%), Phosphorus: 330.67mg (33.07%), Calcium: 306.62mg (30.66%), Selenium: 19.22µg (27.46%), Zinc: 4.11mg (27.39%), Vitamin B12: 1.62µg (27%), Vitamin B6: 0.51mg (25.56%), Vitamin B2: 0.42mg (24.46%), Vitamin E: 3.4mg (22.64%), Potassium: 768.12mg (21.95%), Vitamin B3: 4.3mg (21.49%), Fiber: 5.34g (21.36%), Folate: 68.33µg (17.08%), Vitamin B5: 1.53mg (15.35%), Vitamin C: 11.65mg (14.12%), Magnesium: 52.57mg (13.14%), Iron: 2.07mg (11.5%), Copper: 0.23mg (11.27%), Manganese: 0.22mg (11.13%), Vitamin B1: 0.12mg (8.06%), Vitamin D: 0.25µg (1.69%)