



## Taco Dip I

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



25

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.3 ounce olives black drained canned
- 8 ounce cream cheese softened
- 1 bell pepper green chopped
- 0.3 head iceberg lettuce dried shredded rinsed
- 16 ounce nonfat cream sour
- 1 cup cheddar cheese shredded
- 1.3 ounce taco seasoning
- 3 tomatoes chopped

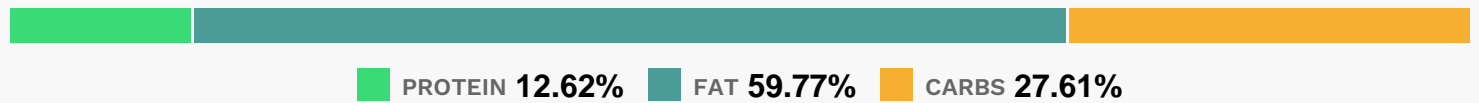
# Equipment

mixing bowl

# Directions

- In a medium-sized mixing bowl, combine cream cheese, sour cream and taco seasoning.
- Spread this mixture in a 9-inch (or a little larger) round serving dish. Top the mixture with lettuce, Cheddar cheese, tomatoes, bell pepper and black olives.

# Nutrition Facts



# Properties

Glycemic Index:5.36, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:2.8978260651879%

# Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

# Nutrients (% of daily need)

Calories: 74.35kcal (3.72%), Fat: 5.09g (7.84%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.62g (1.68%), Sugar: 1.32g (1.46%), Cholesterol: 15.32mg (5.11%), Sodium: 239.21mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin A: 524.01IU (10.48%), Vitamin C: 6.64mg (8.05%), Calcium: 67.68mg (6.77%), Phosphorus: 53.32mg (5.33%), Selenium: 3.05µg (4.36%), Vitamin B2: 0.07mg (4.33%), Vitamin K: 3.15µg (3%), Fiber: 0.67g (2.69%), Potassium: 90.84mg (2.6%), Zinc: 0.34mg (2.28%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.12µg (2.04%), Folate: 8.09µg (2.02%), Vitamin B6: 0.04mg (1.87%), Magnesium: 6.61mg (1.65%), Manganese: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.44%), Iron: 0.2mg (1.13%), Copper: 0.02mg (1.11%)