



Taco Dip in a Jar

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb ground round
- ☐ 0.3 cup water
- ☐ 6.3 oz taco seasoning
- ☐ 16 oz refried beans traditional canned
- ☐ 8 oz cream sour
- ☐ 14 oz guacamole refrigerated
- ☐ 16 oz pico de gallo refrigerated
- ☐ 4 oz cheddar cheese shredded finely

- ☐ 1 serving fresno and jalapeno peppers red very thinly sliced
- ☐ 1 leaves cilantro leaves fresh
- ☐ 1 serving tortilla chips

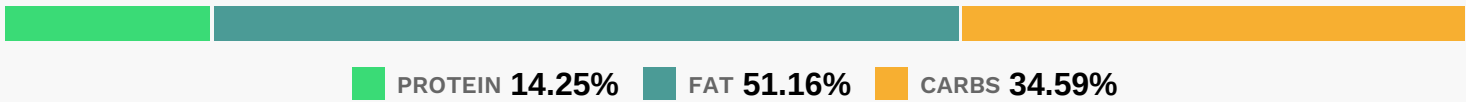
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in water and taco seasoning mix.
- ☐ Heat to simmering; cook 1 to 2 minutes or until thickened.
- ☐ Remove from heat. Stir in refried beans.
- ☐ In 6 (8-oz) wide-mouth glass jars, evenly layer beef mixture, sour cream, guacamole and salsa.
- ☐ Sprinkle with cheese.
- ☐ Garnish with chile slices and cilantro.
- ☐ Serve immediately with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:18.850869354994%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 476.04kcal (23.8%), Fat: 28.23g (43.43%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 29.52g (10.73%), Sugar: 13.99g (15.54%), Cholesterol: 65.77mg (21.92%), Sodium:

3352.74mg (145.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.4%), Vitamin A: 3604.28IU (72.09%), Fiber: 13.42g (53.68%), Vitamin C: 23.36mg (28.31%), Phosphorus: 229.86mg (22.99%), Iron: 4.02mg (22.31%), Calcium: 214.69mg (21.47%), Zinc: 3.12mg (20.79%), Selenium: 13.49µg (19.28%), Vitamin B12: 1.12µg (18.58%), Vitamin B2: 0.3mg (17.38%), Vitamin B6: 0.35mg (17.37%), Vitamin K: 16.74µg (15.94%), Vitamin B3: 3.16mg (15.78%), Folate: 62.79µg (15.7%), Potassium: 513.73mg (14.68%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 1.95mg (13%), Magnesium: 39.75mg (9.94%), Copper: 0.17mg (8.65%), Vitamin B1: 0.08mg (5.33%), Manganese: 0.1mg (5.23%), Vitamin D: 0.15µg (1.01%)