



Taco Pie II

 Gluten Free

READY IN



40 min.

SERVINGS



7

CALORIES



332 kcal

Ingredients

- 15 ounce chili with beans canned
- 8 ounce cream cheese softened
- 16 ounce salsa
- 2 cups cheddar cheese shredded

Equipment

- oven
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium glass baking dish, spread the cream cheese.
- Pour in the salsa, spreading it evenly over cream cheese.
- Pour in and evenly spread chili with beans. Top with Cheddar cheese.
- Bake uncovered in the preheated oven 30 minutes, or until cheese is bubbly and lightly browned.

Nutrition Facts

PROTEIN 16.25% **FAT 67.2%** **CARBS 16.55%**

Properties

Glycemic Index:7.71, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:12.041739038799%

Nutrients (% of daily need)

Calories: 331.95kcal (16.6%), Fat: 25.58g (39.36%), Saturated Fat: 14.19g (88.66%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 10.34g (3.76%), Sugar: 4.52g (5.02%), Cholesterol: 75.34mg (25.11%), Sodium: 1055.07mg (45.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Calcium: 306.38mg (30.64%), Phosphorus: 296.83mg (29.68%), Vitamin A: 1274.39IU (25.49%), Selenium: 13.3µg (18.99%), Zinc: 2.69mg (17.94%), Vitamin B2: 0.3mg (17.73%), Fiber: 3.84g (15.36%), Iron: 2.44mg (13.57%), Vitamin B5: 1.31mg (13.12%), Potassium: 456.54mg (13.04%), Magnesium: 48.69mg (12.17%), Vitamin B6: 0.23mg (11.73%), Vitamin E: 1.63mg (10.85%), Manganese: 0.16mg (8.07%), Vitamin B12: 0.41µg (6.89%), Folate: 26.26µg (6.57%), Copper: 0.13mg (6.48%), Vitamin K: 5.33µg (5.08%), Vitamin B3: 0.99mg (4.95%), Vitamin B1: 0.07mg (4.58%), Vitamin C: 2.26mg (2.74%), Vitamin D: 0.19µg (1.29%)