



## Taco Salad Dip

 Gluten Free

READY IN



20 min.

SERVINGS



28

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz tomato sauce canned
- 0.1 teaspoon chili powder
- 1 clove garlic finely chopped
- 0.3 cup bell pepper green finely chopped
- 0.5 lb ground beef 80% lean (at least )
- 0.3 cup onion finely chopped
- 2 drops hot sauce red
- 16 oz refried beans old el paso® canned

- 1 tablespoon cheddar cheese shredded
- 0.5 cup cream sour
- 1 oz taco seasoning old el paso®

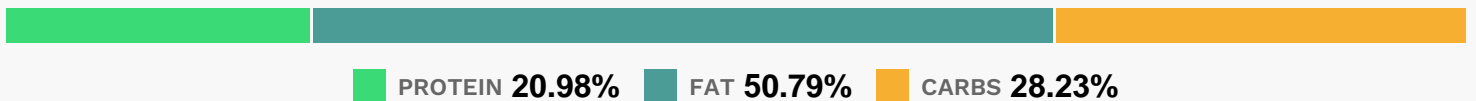
## Equipment

- bowl
- microwave

## Directions

- In 1 1/2-quart microwavable casserole, crumble beef. Cover loosely; microwave on High 2 minutes 30 seconds to 3 minutes 30 seconds or until beef is thoroughly cooked. Stir and drain.
- Stir in bell pepper, onion, beans, tomato sauce, seasoning mix, pepper sauce and garlic. Cover tightly; microwave on High 3 minutes. Stir; spread mixture in 9-inch microwavable pie plate. Cover; microwave on High 3 to 4 minutes or until hot and bubbly.
- In small bowl, mix sour cream, 1 tablespoon Cheddar cheese and the chili powder.
- Spread over beef mixture.
- Sprinkle with lettuce and additional Cheddar cheese.
- Serve with corn chips.

## Nutrition Facts



## Properties

Glycemic Index:6.36, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:1.6591304051487%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 45.68kcal (2.28%), Fat: 2.55g (3.92%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.12g (1.24%), Cholesterol: 8.48mg (2.83%), Sodium: 224.06mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Fiber: 1.04g (4.18%), Vitamin A: 179.85IU (3.6%), Vitamin B12: 0.19µg (3.09%), Vitamin C: 2.32mg (2.81%), Zinc: 0.39mg (2.58%), Iron: 0.46mg (2.58%), Selenium: 1.53µg (2.18%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (2.12%), Phosphorus: 20.38mg (2.04%), Potassium: 56.41mg (1.61%), Vitamin B2: 0.03mg (1.56%), Calcium: 14.92mg (1.49%), Vitamin E: 0.18mg (1.18%)