



Taco Salad Dip

 Gluten Free

READY IN



20 min.

SERVINGS



28

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz tomato sauce canned
- 28 servings cheddar cheese shredded
- 0.1 teaspoon chili powder
- 28 servings corn chips
- 1 clove garlic finely chopped
- 0.3 cup bell pepper green finely chopped
- 0.5 lb ground beef 80% lean (at least)
- 28 servings lettuce shredded finely

- 0.3 cup onion finely chopped
- 2 drops hot sauce red
- 16 oz refried beans canned
- 1 tablespoon cheddar cheese shredded
- 0.5 cup cream sour
- 1 oz taco seasoning

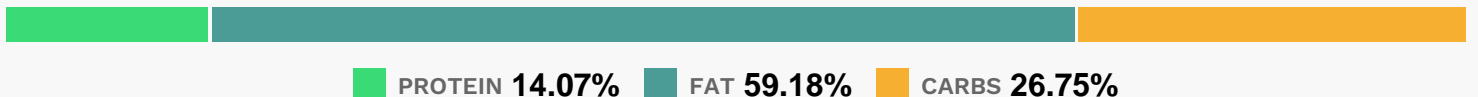
Equipment

- 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:8.46, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:10.883043527603%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 331.46kcal (16.57%), Fat: 22.23g (34.19%), Saturated Fat: 8.09g (50.55%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 19.37g (7.05%), Sugar: 3.05g (3.39%), Cholesterol: 38.48mg (12.83%), Sodium: 573.08mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Calcium: 281.68mg (28.17%), Vitamin K: 24.49µg (23.33%), Phosphorus: 229.9mg (22.99%), Vitamin A: 927.23IU (18.54%), Selenium: 12.23µg (17.48%), Vitamin E: 2.59mg (17.24%), Zinc: 1.98mg (13.22%), Fiber: 3.23g (12.93%), Manganese: 0.25mg (12.56%), Vitamin B2: 0.2mg (11.94%), Magnesium: 37.89mg (9.47%), Folate: 36.37µg (9.09%), Vitamin B12: 0.5µg (8.39%), Vitamin B6: 0.15mg (7.36%), Potassium: 245.32mg (7.01%), Iron: 1.21mg (6.74%), Vitamin C: 4.81mg (5.83%), Vitamin B5: 0.45mg (4.47%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.8mg (3.99%), Copper: 0.08mg (3.87%), Vitamin D: 0.19µg (1.27%)