

# Tex Mex Dip

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounce chile peppers green drained chopped canned
- 1 teaspoon chili powder
- 1 pound ground beef
- 0.5 pound monterrey jack cheese cubed
- 0.5 pound muenster cheese cubed
- 16 ounce picante sauce
- 16 ounce vegetarian refried beans canned
- 16 ounce cup heavy whipping cream sour

1 onion yellow chopped

## Equipment

frying pan

oven

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain well, stir in chili powder and continue cooking 5 minutes.

In a 8x8 inch baking dish, spread the refried beans.

Layer beans with ground beef and chili powder mixture. Top with layers of onion, green chile peppers, picante sauce, Muenster cheese and Monterey Jack cheese.

Bake in the preheated oven 35 to 45 minutes, until cheese is melted and lightly browned. Top with sour cream before serving.

## Nutrition Facts



**PROTEIN 21.2%** **FAT 66.94%** **CARBS 11.86%**

## Properties

Glycemic Index:10, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:11.370869657268%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 355.29kcal (17.76%), Fat: 26.45g (40.69%), Saturated Fat: 13.96g (87.24%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.74g (2.81%), Sugar: 4.38g (4.87%), Cholesterol: 84.1mg (28.03%), Sodium: 812.57mg (35.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Calcium: 354mg (35.4%), Phosphorus: 278.15mg (27.81%), Vitamin B12: 1.32µg (22.05%), Zinc: 2.92mg (19.45%), Selenium: 13.03µg (18.61%), Vitamin A: 858.32IU (17.17%), Vitamin B2: 0.28mg (16.2%), Vitamin B6: 0.27mg (13.34%), Vitamin B3: 2.24mg (11.21%),

Fiber: 2.8g (11.21%), Vitamin C: 8.2mg (9.94%), Iron: 1.77mg (9.84%), Potassium: 325.45mg (9.3%), Magnesium: 28mg (7%), Vitamin E: 0.92mg (6.16%), Folate: 24.09µg (6.02%), Vitamin B5: 0.5mg (4.97%), Vitamin K: 3.99µg (3.8%), Copper: 0.07mg (3.58%), Manganese: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.26%), Vitamin D: 0.26µg (1.76%)