



## Turkey Taco Dip

READY IN



20 min.

SERVINGS



20

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 oz black beans drained canned
- 0.5 lb pd of ground turkey
- 0.5 cup cheddar cheese fat free shredded kraft
- 1.3 oz taco bellâ® taco seasoning mix
- 1 cup tomatoes chopped
- 0.5 cup water
- 20 servings wheat snack crackers thin

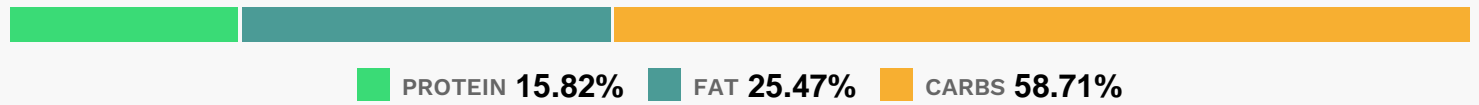
## Equipment

- bowl
- frying pan

## Directions

- Cook and stir turkey in nonstick skillet until no longer pink, stirring to break up turkey.
- Add seasoning mix and water; bring to boil. Cook on medium heat 2 to 3 minutes.
- Stir in beans; cook an additional 5 minutes, stirring constantly and mashing beans slightly with fork. Stir in 1/4 cup of the cheese.
- Spoon into serving bowl. Top with remaining cheese and tomato.
- Serve as a dip with crackers.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.4478261030239%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 185.02kcal (9.25%), Fat: 5.31g (8.17%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 23.56g (8.57%), Sugar: 5.05g (5.62%), Cholesterol: 6.89mg (2.3%), Sodium: 553.79mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Fiber: 3.97g (15.89%), Phosphorus: 107.38mg (10.74%), Iron: 1.4mg (7.78%), Calcium: 68.55mg (6.86%), Vitamin B3: 1.3mg (6.49%), Vitamin A: 318.79IU (6.38%), Vitamin B6: 0.12mg (6.05%), Selenium: 4.02µg (5.74%), Folate: 17.46µg (4.36%), Vitamin B2: 0.07mg (4.05%), Potassium: 138mg (3.94%), Zinc: 0.54mg (3.58%), Magnesium: 14.23mg (3.56%), Manganese: 0.06mg (3.1%), Vitamin B1: 0.05mg (3.01%), Vitamin C: 2.43mg (2.95%), Copper: 0.06mg (2.83%), Vitamin B12: 0.12µg (2.07%), Vitamin B5: 0.15mg (1.48%)