



Yummy Taco Salad Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



7

CALORIES



558 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted peeled
- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 1 bunch green onions chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 16 ounce refried beans canned
- ☐ 16 ounce cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning

☐ 2 tomatoes diced

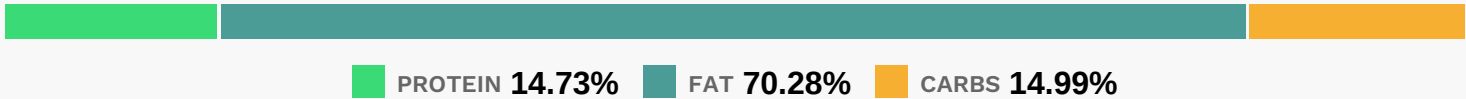
Equipment

☐ bowl

Directions

- ☐ In a 12x12 inch or larger dish, evenly spread the refried beans in a thin layer.
- ☐ In a medium bowl, mix the avocado and lemon juice until almost smooth. A few avocado lumps are desirable.
- ☐ Spread the avocado mixture over the refried beans. In a medium bowl, blend the sour cream and taco seasoning; spread over the avocado mixture.
- ☐ Sprinkle the tomatoes in a layer over the sour cream mixture, followed by the olives and the green onions. Top the dip with a layer of cheese.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:18.606086782787%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 558.29kcal (27.91%), Fat: 44.52g (68.49%), Saturated Fat: 20.41g (127.53%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 13.03g (4.74%), Sugar: 6.44g (7.16%), Cholesterol: 103.03mg (34.34%), Sodium: 1373.39mg (59.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Calcium: 562.61mg (56.26%), Vitamin A: 2028.29IU (40.57%), Phosphorus: 386.01mg (38.6%), Fiber: 8.33g (33.34%), Selenium: 21.07µg (30.1%),

Vitamin B2: 0.48mg (28.2%), Vitamin K: 24.59µg (23.42%), Zinc: 3.04mg (20.24%), Folate: 71.89µg (17.97%), Vitamin C: 14.34mg (17.38%), Vitamin E: 2.48mg (16.52%), Potassium: 506.74mg (14.48%), Vitamin B12: 0.82µg (13.72%), Vitamin B5: 1.32mg (13.2%), Vitamin B6: 0.25mg (12.61%), Magnesium: 46.23mg (11.56%), Copper: 0.18mg (8.84%), Iron: 1.58mg (8.78%), Manganese: 0.14mg (7.04%), Vitamin B3: 1.34mg (6.71%), Vitamin B1: 0.09mg (5.81%), Vitamin D: 0.39µg (2.59%)