

Taco Ground Beef Dip

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-baked-taco-dip-recipe>

Ingredients:

- 1 pound ground beef or ground turkey or ground chicken
- 1 package taco seasoning
- 8 ounces cream cheese softened
- 1/4 cup Sour Cream
- 2 cups cheddar cheese shredded, divided
- 1 cup Monterey Jack cheese shredded, divided
- 2 ounces green chilis chopped
- 1 cup salsa
- lettuce unchecked?
- tomatoes unchecked?
- olives unchecked?
- cilantro unchecked?
- jalapenos unchecked?
- green onions unchecked?

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 155 milligrams
4. Fat: 45 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 24 grams
8. Sodium: 1180 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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