

Taco Dip I

Yield: 25 min
Total Time: 10 min

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

Ingredients:

- 8 ounces cream cheese softened
- 16 ounces nonfat sour cream
- 1 1/4 ounces taco seasoning mix
- 1/4 head iceberg lettuce rinsed, dried, and shredded
- 1 cup shredded cheddar cheese
- 3 chopped tomatoes
- 1 green bell pepper chopped
- 2 1/4 ounces black olives drained

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 220 milligrams
9. Sugar: 1 grams

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