

Taco Dip II

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-layered-mexican-dip-ground-beef>

Ingredients:

- 1 pound ground beef
- 16 ounces refried beans
- 1/2 cup taco sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup sour cream
- 1/4 cup chopped onion
- 1/4 cup chopped tomatoes
- 1/4 cup black olives sliced
- 1/4 cup jalapeno pepper rings
- 1 1/2 cups shredded cheddar cheese

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 11 grams
8. Sodium: 620 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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