

Taco Dip

*"Fruits of the Spirit" (2001) - Stacy Spaulding
Grapevine United Methodist Church - Port St. Lucie, FL*

2 cans (15 ounce ea) refried beans
1 small onion, diced
1 pound hamburger (optional),
browned and drained
1 package taco seasoning powder
1 carton (16 ounce) sour cream
shredded lettuce
1 tomato, diced
1 package (8 ounce) Cheddar cheese,
shredded

Preheat the oven to 350 degrees.

Spread the refried beans onto the bottom of a 13x9-inch pan. Sprinkle with onions.

Bake for 20 to 30 minutes.

Remove the beans from the oven and add the hamburger.

In a bowl, mix the sour cream and taco seasoning. Layer the sour cream mixture, lettuce and tomato on top of the hamburger. Top with the Cheddar. Return to the oven long enough to melt the cheese.

Serve immediately with your favorite chips.

Per Serving (excluding unknown items): 1558 Calories; 92g Fat (52.2% calories from fat); 69g Protein; 120g Carbohydrate; 30g Dietary Fiber; 221mg Cholesterol; 2986mg Sodium. Exchanges: 6 Grain(Starch); 4 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 14 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1558	Vitamin B6 (mg):	.8mg
% Calories from Fat:	52.2%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	30.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	17.5%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	92g	Folacin (mcg):	507mcg
Saturated Fat (g):	56g	Niacin (mg):	4mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	221mg
Carbohydrate (g):	120g
Dietary Fiber (g):	30g
Protein (g):	69g
Sodium (mg):	2986mg
Potassium (mg):	2877mg
Calcium (mg):	1347mg
Iron (mg):	11mg
Zinc (mg):	11mg
Vitamin C (mg):	63mg
Vitamin A (i.u.):	3784IU
Vitamin A (r.e.):	982RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	6
Lean Meat:	4
Vegetable:	3
Fruit:	0
Non-Fat Milk:	1/2
Fat:	14 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1558	Calories from Fat: 813
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% Daily Values*

Total Fat	92g	141%
Saturated Fat	56g	280%
Cholesterol	221mg	74%
Sodium	2986mg	124%
Total Carbohydrates	120g	40%
Dietary Fiber	30g	121%
Protein	69g	
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Vitamin A		76%
Vitamin C		105%
Calcium		135%
Iron		59%

* Percent Daily Values are based on a 2000 calorie diet.