



## 5-Layer Mexican Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



32

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

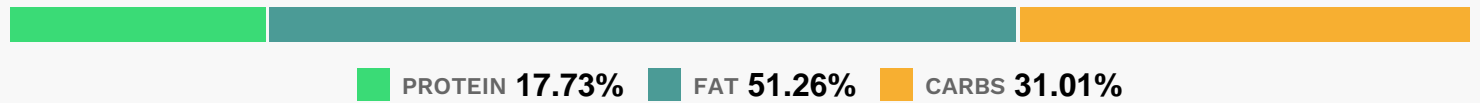
- 15 oz refried black beans canned
- 0.3 cup olives black sliced
- 1 Tbsp chili powder
- 1 cup knudsen cream sour
- 3 green onions sliced
- 0.5 tsp ground cumin
- 1 cup cheddar cheese shredded kraft
- 1 tomatoes chopped

# Equipment

## Directions

- Mix beans, chili powder and cumin; spread onto bottom of 9-inch pie plate.
- Top with layers of remaining ingredients.
- Refrigerate several hours.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:2.3713043390409%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 50.09kcal (2.5%), Fat: 2.93g (4.51%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.63g (0.95%), Sugar: 0.41g (0.46%), Cholesterol: 7.77mg (2.59%), Sodium: 51.92mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Folate: 22.39µg (5.6%), Fiber: 1.37g (5.47%), Phosphorus: 42.54mg (4.25%), Vitamin A: 204.24IU (4.08%), Calcium: 38.85mg (3.89%), Manganese: 0.07mg (3.58%), Magnesium: 12.26mg (3.07%), Vitamin K: 3.11µg (2.96%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.33%), Potassium: 77.12mg (2.2%), Zinc: 0.33mg (2.17%), Iron: 0.39mg (2.15%), Selenium: 1.5µg (2.14%), Copper: 0.04mg (1.89%), Vitamin E: 0.23mg (1.54%), Vitamin B6: 0.02mg (1.21%)