



7 Layer Bean Dip



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce plain to taste (or chili powder)
- ☐ 1 avocado peeled chopped
- ☐ 1 teaspoon bacon fat optional minced cooked () (or 1 strip of bacon, and)
- ☐ 0.5 small can olives black ripe sliced
- ☐ 0.3 cup if you can get it crema mexicana sour canned (Mexican cream)
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 0.3 cup tbsp of pickled jalapenos green canned chopped to taste () (more)

- ☐ 2 cups refried beans homemade canned
- ☐ 8 servings salt
- ☐ 1 house tomato hot chopped cut in half horizontally, seeds and juice gently squeezed out and discarded,

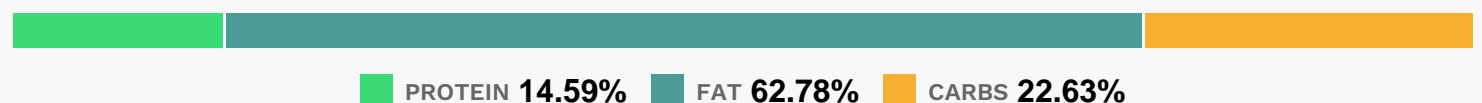
Equipment

- ☐ frying pan

Directions

- ☐ Heat the refried beans in a medium sauté pan or cast iron skillet. Stir in enough water to get a creamy, easily dip-able consistency, about 1/4 of a cup. The taste of refried beans is greatly enhanced by bacon fat; we'll add a teaspoon to canned beans or a tablespoon or more to taste if we are making the beans from scratch. If you don't have bacon fat, you can cook up a strip of bacon, chop it up fine and add that to the beans. If you are trying to avoid pork, note that most canned refried beans are made with added lard, so check the ingredients. You can use olive oil instead, to help the consistency of the beans.
- ☐ Mix in the chipotle chili powder (or Tabasco, or adobo, or regular chili powder) and cumin to taste. Note that the avocados and the sour cream will cool down the spiciness of the beans considerably, so you can afford to be a bit more spicy than you might think. Stir in salt to taste, depending on how salted your refried beans are to begin with, and depending on how salty the tortilla chips are that you are serving with the dip.² Once the beans are hot and bubbly, spread them over the bottom of a warmed serving dish. Immediately add the shredded cheese so that the heat from the beans helps melt the cheese. (The cheese doesn't need to be completely melted, but even if it is just a little, it will help the dip stay on the chip.)³
- ☐ Layer on the chopped green chilies, chopped avocado, chopped tomato. Spoon on the sour cream (or crema Mexicana, crema fresca, or even cream fraiche). Top with sliced green onions and olives.
- ☐ Serve immediately with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:6.3108695019846%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 195.27kcal (9.76%), Fat: 13.86g (21.32%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 5.84g (2.12%), Sugar: 2.69g (2.99%), Cholesterol: 18.26mg (6.09%), Sodium: 1122.9mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Fiber: 5.4g (21.59%), Calcium: 160.64mg (16.06%), Vitamin A: 610.39IU (12.21%), Vitamin E: 1.7mg (11.32%), Phosphorus: 82.27mg (8.23%), Vitamin K: 8µg (7.62%), Folate: 26.6µg (6.65%), Iron: 1.11mg (6.15%), Vitamin C: 5.05mg (6.12%), Vitamin B2: 0.1mg (5.68%), Potassium: 194.21mg (5.55%), Vitamin B6: 0.11mg (5.46%), Copper: 0.1mg (5%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.42mg (4.18%), Magnesium: 16.72mg (4.18%), Selenium: 2.44µg (3.49%), Manganese: 0.07mg (3.32%), Vitamin B3: 0.65mg (3.24%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.12µg (1.95%)