



7-Layer Mexican Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



501 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocado pitted peeled mashed
- ☐ 0.3 cup olives black sliced
- ☐ 3 cloves garlic minced
- ☐ 4 spring onion diced
- ☐ 2 teaspoons juice of lemon
- ☐ 16 oz refried beans canned
- ☐ 2 cups cheddar cheese shredded
- ☐ 2 cups cream sour

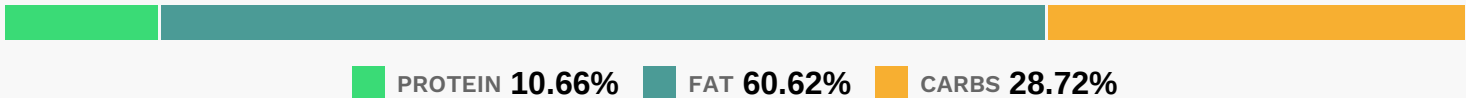
- ☐ 1.3 oz taco seasoning
- ☐ 1 tomatoes diced
- ☐ 8 servings tortilla chips

Equipment

Directions

- ☐ Spread beans in the bottom of a 10" round or square clear glass dish; set aside.
- ☐ Combine sour cream and seasoning mix; spread over beans.
- ☐ Mix avocados, lemon juice and garlic; layer over sour cream mixture.
- ☐ Sprinkle with cheese; top with onions, olives and tomato.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:15.070869647938%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 500.74kcal (25.04%), Fat: 34.64g (53.29%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 28.32g (10.3%), Sugar: 5.46g (6.07%), Cholesterol: 62.17mg (20.73%), Sodium: 1049.08mg (45.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.41%), Fiber: 8.6g (34.4%), Calcium: 322.39mg (32.24%), Vitamin K: 31.66µg (30.15%), Vitamin A: 1382.75IU (27.65%), Phosphorus: 270.11mg (27.01%), Vitamin B2: 0.32mg (18.56%), Vitamin E: 2.74mg (18.26%), Selenium: 11.79µg (16.84%), Folate: 60µg (15%),

Vitamin C: 11.6mg (14.07%), Magnesium: 55.18mg (13.8%), Vitamin B5: 1.37mg (13.67%), Zinc: 2mg (13.33%), Potassium: 448.87mg (12.82%), Vitamin B6: 0.25mg (12.71%), Iron: 1.77mg (9.82%), Copper: 0.17mg (8.25%), Vitamin B1: 0.1mg (7%), Vitamin B12: 0.42µg (7%), Vitamin B3: 1.32mg (6.59%), Manganese: 0.13mg (6.33%), Vitamin D: 0.17µg (1.13%)