



7-Layer Taco Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



616 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz olives black sliced canned
- ☐ 4.5 oz chilies green chopped canned
- ☐ 1 bunch green onions chopped
- ☐ 1 lb bob evans original recipe sausage roll
- ☐ 16 oz refried beans canned
- ☐ 11 oz salsa
- ☐ 8 oz mexican cheese blend shredded
- ☐ 16 oz cup heavy whipping cream sour

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

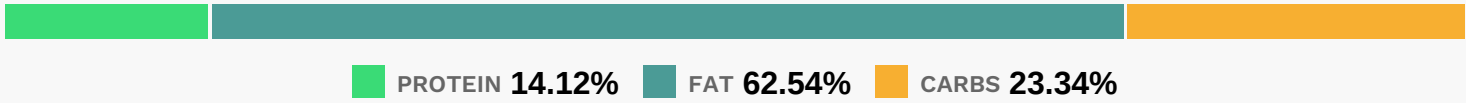
Equipment

- ☐ frying pan

Directions

- ☐ In large skillet over medium heat, crumble and cook sausage until browned. Stir in beans, chilies and taco seasoning mix.
- ☐ Spread sausage mix into 7" x 11" serving dish. Top with sour cream then salsa.
- ☐ Sprinkle olives, tomato and onion on top. Cover with cheese.
- ☐ Serve immediately with chips. Refrigerate leftovers.;

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:15.645217294278%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 616.09kcal (30.8%), Fat: 43.3g (66.61%), Saturated Fat: 16.77g (104.8%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 29.35g (10.67%), Sugar: 7.55g (8.39%), Cholesterol: 101.21mg (33.74%), Sodium: 1967.63mg (85.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.98%), Phosphorus: 326.7mg (32.67%), Calcium: 323.99mg (32.4%), Vitamin A: 1536.11IU (30.72%), Fiber: 7.01g (28.03%), Vitamin E: 2.81mg (18.72%), Zinc: 2.79mg (18.63%), Vitamin B3: 3.62mg (18.12%), Vitamin B6: 0.36mg (17.97%), Vitamin B2: 0.29mg (17.34%), Vitamin K: 17.58µg (16.74%), Vitamin B1: 0.24mg (16.08%), Vitamin B12: 0.95µg (15.83%), Magnesium: 55.5mg (13.88%), Iron: 2.44mg (13.58%), Potassium: 458.24mg (13.09%), Selenium: 8.14µg (11.63%), Vitamin C: 9.24mg (11.19%), Vitamin B5: 1.08mg (10.79%), Copper: 0.15mg (7.43%), Vitamin D: 0.88µg (5.86%), Folate: 18.54µg (4.64%), Manganese: 0.09mg

(4.5%)