



Best Ever Layered Mexican Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce guacamole
- 1 jalapeno diced seeded
- 9 ounce bean dip canned
- 8 ounce cheddar cheese shredded
- 12 ounces cup heavy whipping cream sour
- 1 ounce taco seasoning
- 1 tomatoes chopped

Equipment

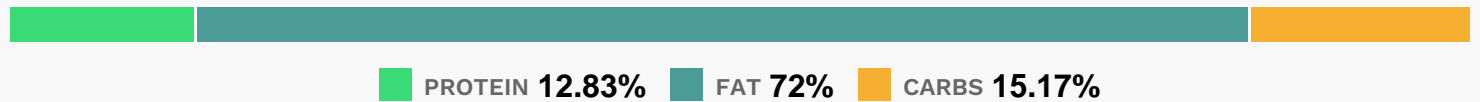
mixing bowl

pie form

Directions

- In a clear pie pan, or similar dish, spread a layer of bean dip. Top the bean dip with a layer of guacamole. Allow the layers to thicken in the refrigerator for approximately 20 minutes.
- In a mixing bowl, while the bean dip and guacamole chill, combine the sour cream and taco seasoning. When the chilled mixture is sufficiently thickened, spread a layer of the sour cream mixture over the layer of guacamole. Top the sour cream layer with the grated cheese.
- Garnish the layers with the jalapenos and tomatoes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:18.204347859258%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 511.88kcal (25.59%), Fat: 42.16g (64.86%), Saturated Fat: 20.41g (127.54%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 12.21g (4.44%), Sugar: 6.8g (7.55%), Cholesterol: 106.88mg (35.63%), Sodium: 976.16mg (42.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Calcium: 503.01mg (50.3%), Vitamin A: 2132.2IU (42.64%), Phosphorus: 366.2mg (36.62%), Vitamin C: 29.46mg (35.7%), Fiber: 7.77g (31.1%), Selenium: 19.82µg (28.32%), Vitamin B2: 0.47mg (27.94%), Zinc: 2.79mg (18.62%), Folate: 64.67µg (16.17%), Potassium: 533.45mg (15.24%), Vitamin E: 2.21mg (14.76%), Vitamin K: 14.83µg (14.13%), Vitamin B12: 0.78µg (12.99%), Vitamin B6: 0.25mg (12.47%), Vitamin B5: 1.24mg (12.35%), Magnesium: 47.71mg (11.93%), Copper: 0.17mg (8.26%), Manganese: 0.15mg (7.61%), Iron: 1.34mg (7.43%), Vitamin B3: 1.2mg (6.02%), Vitamin B1: 0.09mg (5.83%), Vitamin D: 0.34µg (2.27%)