



Breta's 7 Layer Dip

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



467 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 avocados pitted peeled mashed
- 4 ounce olives black drained chopped canned
- 4 green onions chopped
- 9 ounce bean dip hot fritos® canned (such as Brand)
- 14 ounce refried beans canned
- 1 cup salsa
- 1 cup cheddar cheese shredded finely
- 1.5 cups cup heavy whipping cream sour

2 tomatoes diced

Equipment

bowl

pizza pan

Directions

Mix refried beans with hot bean dip in a bowl; spread the bean mixture in an even layer over a pizza pan.

Mix avocados with salsa in a bowl; spread mixture over the bean mixture.

Place dollops of sour cream over avocado layer and spread into an even layer; top with shredded Cheddar cheese.

Sprinkle black olives, diced tomatoes, and green onions over the dip.

Chill at least 1 hour before serving.

Nutrition Facts

 **PROTEIN 8.65%**  **FAT 68.81%**  **CARBS 22.54%**

Properties

Glycemic Index:23.88, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:21.278695585935%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 467.01kcal (23.35%), Fat: 37.66g (57.94%), Saturated Fat: 10.59g (66.19%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 12.43g (4.52%), Sugar: 6.59g (7.32%), Cholesterol: 39.57mg (13.19%), Sodium: 839.67mg (36.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.3%), Fiber: 15.32g (61.3%), Vitamin K: 49.15µg (46.81%), Folate: 141.67µg (35.42%), Vitamin C: 27.86mg (33.77%), Vitamin E: 4.67mg (31.15%),

Potassium: 1023mg (29.23%), Vitamin B6: 0.52mg (25.91%), Vitamin B5: 2.44mg (24.41%), Vitamin A: 1205.85IU (24.12%), Vitamin B2: 0.36mg (21.29%), Calcium: 205.57mg (20.56%), Phosphorus: 202.17mg (20.22%), Copper: 0.38mg (18.77%), Vitamin B3: 3.35mg (16.73%), Magnesium: 66.69mg (16.67%), Manganese: 0.32mg (16.04%), Zinc: 1.82mg (12.15%), Iron: 1.9mg (10.54%), Vitamin B1: 0.15mg (9.94%), Selenium: 6.88µg (9.82%), Vitamin B12: 0.24µg (4%)