



BUSH'S® 7 - Layer Dip

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced
- ☐ 4 ounce olives black sliced canned
- ☐ 0.5 cup green onions chopped
- ☐ 2 cups lettuce shredded
- ☐ 16 ounce bush's® refried beans canned
- ☐ 16 ounce chunky salsa
- ☐ 2 cups cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

- ☐ 1.3 ounce taco seasoning
- ☐ 1 large tomatoes chopped

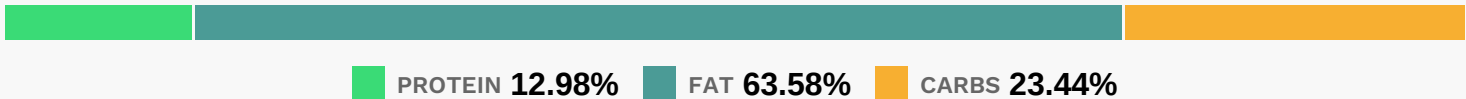
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix sour cream and taco seasoning. Chill in fridge for 30 minutes.
- ☐ In sauce pan, combine BUSH'S BEST Refried Beans and salsa.
- ☐ Heat on medium until evenly blended.
- ☐ Let cool.
- ☐ Shred lettuce. Dice tomatoes, avocados and green onions. Take cooled BUSH'S BEST Refried Beans and salsa and spread in 11x13 inch pan.
- ☐ Spread sour cream/taco seasoning mixture over beans.
- ☐ Layer the cheese, olives, lettuce, tomatoes, avocados and green onions in that order evenly over each ingredient.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:15.02826095664%

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 Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 368.59kcal (18.43%), Fat: 27g (41.54%), Saturated Fat: 10.79g (67.44%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 13.68g (4.98%), Sugar: 8.14g (9.04%), Cholesterol: 55.57mg (18.52%), Sodium: 1477.06mg (64.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Vitamin A: 1748.52IU (34.97%), Fiber: 8.72g (34.88%), Vitamin K: 33.7µg (32.09%), Calcium: 256.67mg (25.67%), Phosphorus: 198.42mg (19.84%), Vitamin E: 2.73mg (18.2%), Potassium: 584.65mg (16.7%), Vitamin C: 13.4mg (16.24%), Vitamin B2: 0.27mg (16.05%), Folate: 61.39µg (15.35%), Vitamin B6: 0.3mg (14.83%), Vitamin B12: 0.76µg (12.62%), Selenium: 7.75µg (11.07%), Vitamin B5: 1.09mg (10.87%), Manganese: 0.21mg (10.42%), Zinc: 1.54mg (10.24%), Magnesium: 40.92mg (10.23%), Iron: 1.78mg (9.91%), Copper: 0.19mg (9.29%), Vitamin B3: 1.81mg (9.07%), Vitamin B1: 0.1mg (6.36%)