



Caribbean Layered Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 6.3 oz taco seasoning
- ☐ 15 oz black beans rinsed drained well canned
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup mangos chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoons jalapeno finely chopped

☐ 1 serving tortilla chips plain

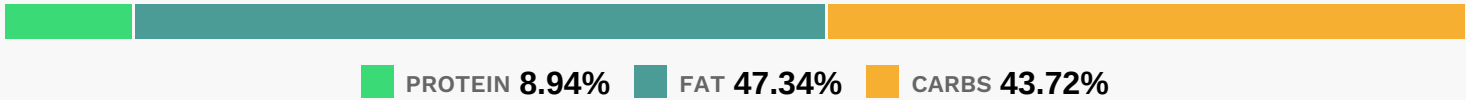
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, mix cream cheese, sour cream and taco seasoning mix with spoon or electric mixer on medium speed until well mixed.
- ☐ Spread on 10-inch round serving plate.
- ☐ Top cream cheese mixture with remaining ingredients except tortilla chips.
- ☐ Serve immediately, or refrigerate until serving.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:3.5517391640207%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 81.01kcal (4.05%), Fat: 4.5g (6.92%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 6.54g (2.38%), Sugar: 2.52g (2.8%), Cholesterol: 12.37mg (4.12%), Sodium: 698.84mg (30.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin A: 988.96IU (19.78%), Vitamin C: 9.32mg (11.3%), Fiber: 2.8g (11.2%), Iron: 0.89mg (4.92%), Folate: 15.07µg (3.77%), Phosphorus: 36.87mg (3.69%), Vitamin B2: 0.06mg (3.29%), Potassium: 88.17mg (2.52%), Manganese: 0.05mg (2.44%), Magnesium: 9.27mg (2.32%), Calcium: 22.09mg (2.21%), Vitamin B1: 0.03mg (2.15%), Copper: 0.04mg (2.11%), Selenium: 1.3µg (1.85%), Vitamin B6: 0.03mg (1.66%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.19mg (1.24%)