



Down-Home Layered Dip

 Gluten Free

READY IN



8 min.

SERVINGS



16

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 ounces barbequed pulled pork shredded
- 0.5 cup corn whole canned
- 0.5 cup black beans rinsed drained (from 15-)
- 4 ounces cheddar cheese shredded
- 0.8 cup tomatoes chopped
- 1 serving spring onion sliced
- 1 serving olives ripe sliced
- 1 serving guacamole

1 serving cream sour

Equipment

plastic wrap

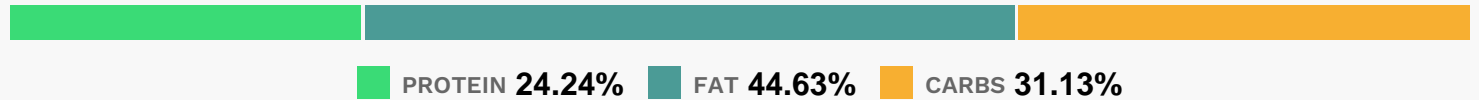
microwave

Directions

Layer pork, corn and beans on large microwavable plate. Cover with microwavable plastic wrap, folding back one edge 1/4 inch to vent steam, and microwave on High about 2 minutes 30 seconds or until hot.

Sprinkle with cheese. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:2.0060869416465%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 103.26kcal (5.16%), Fat: 5.19g (7.99%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 7.54g (2.74%), Sugar: 4.9g (5.44%), Cholesterol: 21.24mg (7.08%), Sodium: 264.28mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Calcium: 69.98mg (7%), Phosphorus: 44.37mg (4.44%), Vitamin A: 190.77IU (3.82%), Folate: 12.28µg (3.07%), Selenium: 2.11µg (3.02%), Iron: 0.45mg (2.52%), Fiber: 0.61g (2.43%), Zinc: 0.35mg (2.33%), Vitamin B2: 0.04mg (2.25%), Vitamin C: 1.69mg (2.05%), Magnesium: 7.27mg (1.82%), Manganese: 0.04mg (1.8%), Vitamin K: 1.54µg (1.47%), Potassium: 49.33mg (1.41%), Vitamin B12: 0.08µg (1.28%), Vitamin B1: 0.02mg (1.27%), Copper: 0.02mg (1.06%)