



## Down-Home Layered Dip

 Gluten Free

READY IN



8 min.

SERVINGS



16

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup black beans rinsed drained (from 15-)
- 16 servings spring onion sliced
- 16 servings guacamole
- 16 servings olives ripe sliced
- 18 ounces barbequed pulled pork shredded
- 4 ounces cheddar cheese shredded
- 16 servings cream sour
- 0.8 cup tomatoes chopped

0.5 cup corn whole canned

## 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



**PROTEIN 17.25%** **FAT 58.17%** **CARBS 24.58%**

## Properties

Glycemic Index:10.44, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:3.8504347295865%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 156.02kcal (7.8%), Fat: 10.39g (15.99%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.45g (3.07%), Sugar: 5.52g (6.13%), Cholesterol: 27.88mg (9.29%), Sodium: 561.23mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin K: 13.81µg (13.15%), Calcium: 95.26mg (9.53%), Vitamin A: 392IU (7.84%), Vitamin E: 0.95mg (6.35%), Fiber: 1.43g (5.74%), Phosphorus: 56.24mg (5.62%), Folate: 17.87µg (4.47%), Selenium: 2.73µg (3.91%), Vitamin B2: 0.06mg (3.77%), Vitamin C: 2.95mg (3.57%), Iron: 0.64mg (3.56%), Magnesium: 11.85mg (2.96%), Zinc: 0.42mg (2.82%), Potassium: 91.34mg (2.61%), Copper: 0.05mg (2.61%), Manganese: 0.05mg (2.38%), Vitamin B1: 0.03mg (1.94%), Vitamin B12: 0.1µg (1.67%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.11mg (1.12%), Vitamin B3: 0.22mg (1.08%)