

Easy Layered Mexican Spread

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



160 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup avocados coarsely chopped
- 0.5 cup olives black sliced
- 0.5 cup black beans canned rinsed
- 1 cup four cheese shredded mexican style kraft finely
- 8 oz philadelphia cream cheese softened
- 0.3 cup cilantro leaves fresh chopped
- 2 green onions sliced
- 0.5 cup taco bellâ® & chunky salsa thick

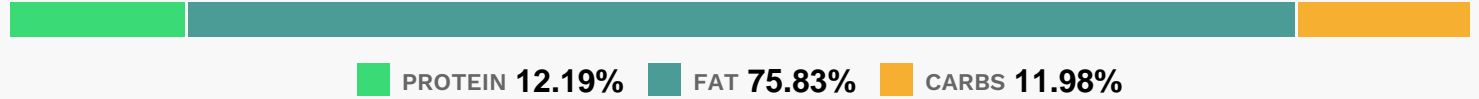
Equipment

Directions

Spread cream cheese onto bottom of pie plate.

Top with salsa, shredded cheese and topping.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:4.7647826023724%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 159.73kcal (7.99%), Fat: 13.84g (21.29%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.53g (1.7%), Cholesterol: 34.21mg (11.4%), Sodium: 369.81mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Calcium: 114.95mg (11.49%), Vitamin A: 568.95IU (11.38%), Phosphorus: 94.72mg (9.47%), Vitamin K: 9.17µg (8.73%), Selenium: 5.49µg (7.84%), Vitamin B2: 0.13mg (7.6%), Fiber: 1.63g (6.5%), Vitamin E: 0.87mg (5.83%), Folate: 18.24µg (4.56%), Zinc: 0.66mg (4.42%), Potassium: 146.58mg (4.19%), Vitamin B6: 0.07mg (3.58%), Magnesium: 13.55mg (3.39%), Vitamin B5: 0.33mg (3.28%), Copper: 0.06mg (2.9%), Vitamin B12: 0.17µg (2.83%), Manganese: 0.05mg (2.73%), Vitamin B1: 0.03mg (2.21%), Vitamin C: 1.79mg (2.17%), Iron: 0.38mg (2.1%), Vitamin B3: 0.39mg (1.94%)