



## Fiesta Dip

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 ounce avocado dip frozen thawed
- ☐ 0.3 cup butter melted
- ☐ 9 ounce chiles green drained chopped canned
- ☐ 18 servings garnish: cilantro sprigs fresh
- ☐ 10.5 ounce corn chips crushed
- ☐ 8 ounce monterrey jack cheese shredded with peppers,
- ☐ 6.8 ounce olives ripe sliced canned
- ☐ 32 ounce refried beans canned

- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning
- ☐ 2 medium tomatoes seeded chopped

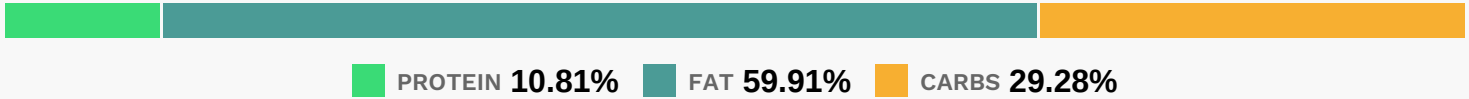
## Equipment

- ☐ oven
- ☐ wire rack
- ☐ springform pan

## Directions

- ☐ Combine crushed corn chips and butter; press onto bottom and 1 inch up sides of a lightly greased 9-inch springform pan.
- ☐ Bake at 350 for 10 minutes. Cool on a wire rack.
- ☐ Combine refried beans and taco seasoning mix, stirring well; spread over prepared crust.
- ☐ Layer avocado dip and next 5 ingredients over refried bean mixture; cover and chill 8 hours.
- ☐ Place on a serving plate, and remove sides of springform pan; garnish, if desired.
- ☐ Serve with large corn chips.

## Nutrition Facts



## Properties

Glycemic Index:9.78, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:6.5439130378806%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 257.21kcal (12.86%), Fat: 17.41g (26.78%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 14.6g (5.31%), Sugar: 2.65g (2.94%), Cholesterol: 18.65mg (6.22%), Sodium: 866.38mg (37.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Fiber: 4.54g (18.16%), Calcium: 160.32mg (16.03%), Vitamin A: 708.71IU (14.17%), Vitamin E: 2.05mg (13.67%), Phosphorus: 108.55mg (10.86%), Vitamin C: 8.7mg (10.54%), Iron: 1.22mg (6.75%), Vitamin B2: 0.1mg (6.14%), Magnesium: 22.67mg (5.67%), Folate: 22.12µg (5.53%), Selenium: 3.73µg (5.32%), Manganese: 0.1mg (5.2%), Vitamin B6: 0.1mg (4.93%), Zinc: 0.73mg (4.89%), Vitamin K: 5.07µg (4.83%), Potassium: 150.32mg (4.29%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (3.1%), Vitamin B3: 0.52mg (2.62%), Vitamin B12: 0.13µg (2.24%), Vitamin B1: 0.03mg (1.84%)