



Five-Layer Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocado diced pitted ripe peeled
- 15.5 oz black beans drained and rinsed canned
- 0.5 cup cheddar cheese grated
- 1 tablespoon chipotles in adobo canned minced
- 2 tablespoons cilantro leaves chopped
- 1 cup ears corn fresh frozen thawed
- 2 cloves garlic minced
- 1 jalapeno seeded chopped

- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil
- 1 onion chopped
- 0.5 cup greek yogurt plain
- 0.5 bell pepper red seeded chopped
- 1 cup salsa
- 8 servings salt and pepper
- 2 spring onion white thinly sliced
- 0.5 cup cream sour

Equipment

- food processor
- bowl
- frying pan

Directions

- Warm oil in a large skillet over medium-high heat.
- Add onion and jalapeo and cook, stirring often, until softened, 3 to 5 minutes.
- Add garlic; saut 1 minute.
- Transfer half of mixture to a food processor.
- Add corn and bell pepper to the skillet with remaining cooked onion mixture. Stir over medium-high heat until corn is slightly cooked and warmed through, about 3 minutes. Season with salt and pepper.
- Add beans to processor; pulse to blend.
- Add half of lemon juice and 2 Tbsp. warm water. Process until smooth. Season with salt and pepper.
- Spread over bottom of a deep-dish pie plate.
- Spread corn mixture on top of bean mixture.
- Mash avocado with remaining lemon juice and cilantro. Season with salt and pepper.

- Spread over corn mixture.
- Mix sour cream, yogurt and chipotle in a small bowl and spread over avocado layer.
- Spread salsa over sour cream mixture; top with cheese and scallions.
- Serve at room temperature.

Nutrition Facts

PROTEIN 12.92%

FAT 53.6%

CARBS 33.48%

Properties

Glycemic Index:31.5, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:14.087826180717%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 264.21kcal (13.21%), Fat: 16.66g (25.63%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 14.56g (5.3%), Sugar: 4.99g (5.54%), Cholesterol: 16.17mg (5.39%), Sodium: 681.01mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Fiber: 8.85g (35.4%), Vitamin C: 24.88mg (30.15%), Folate: 96.38µg (24.09%), Vitamin K: 21.74µg (20.7%), Potassium: 646.55mg (18.47%), Phosphorus: 181.55mg (18.15%), Manganese: 0.32mg (15.8%), Vitamin B6: 0.31mg (15.62%), Vitamin B2: 0.26mg (15.17%), Vitamin E: 2.28mg (15.17%), Vitamin A: 715.56IU (14.31%), Magnesium: 53.9mg (13.48%), Copper: 0.25mg (12.63%), Calcium: 121.13mg (12.11%), Vitamin B5: 1.18mg (11.77%), Vitamin B1: 0.17mg (11.59%), Vitamin B3: 2.08mg (10.42%), Iron: 1.78mg (9.87%), Zinc: 1.21mg (8.06%), Selenium: 5.3µg (7.57%), Vitamin B12: 0.19µg (3.21%)