



Five Layer Mexican Dip

 Vegetarian  Gluten Free

READY IN



23 min.

SERVINGS



12

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe
- 15.5 ounce black beans drained and rinsed low-sodium, canned
- 1 tablespoon chipotle pepper in adobo minced
- 0.3 cup cilantro leaves chopped
- 2 cups corn kernels frozen (10-ounce box corn)
- 2 cloves garlic minced
- 0.3 teaspoon ground cumin
- 1 tablespoon jalapeno diced finely

- 4 tablespoons juice of lime
- 2 teaspoons olive oil
- 1 medium onion diced
- 0.5 teaspoon salt
- 0.3 cup scallion thinly sliced
- 0.8 cup cheddar shredded extra-sharp
- 2 cups tomatoes diced seeded
- 1 tablespoon water

Equipment

- food processor
- bowl
- frying pan

Directions

- Watch how to make this recipe.
- Heat the oil in a skillet over medium-high heat.
- Add onions and cook until they soften, about 3 minutes. Stir in the garlic and cook for 2 minutes more.
- Put half of the onion mixture into a food processor with the black beans, chipotle pepper, 2 tablespoons of the lime juice, cumin, water and salt. Puree until smooth. Set aside.
- Add the corn to the skillet with the remaining onion mixture and cook for about 3 minutes.
- Remove from the heat and stir in the cilantro leaves.
- In a small bowl mash the avocado with the remaining lime juice. In a medium bowl toss together the tomatoes, scallion and jalapeno, if using. Season tomato mixture with salt and pepper, to taste.
- Spread the black bean dip into the bottom of an 8 by 8 glass baking or serving dish. Top with the corn mixture, spreading it out to form a single layer over the beans, repeat with the avocado, then the tomatoes. Top with cheese.
- Serve with baked chips.

Nutrition Facts

PROTEIN 13.75% FAT 47.16% CARBS 39.09%

Properties

Glycemic Index:21.92, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:8.7108696141969%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 152.17kcal (7.61%), Fat: 8.52g (13.1%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 9.85g (3.58%), Sugar: 2.78g (3.09%), Cholesterol: 7.06mg (2.35%), Sodium: 344.55mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.17%), Fiber: 6.03g (24.12%), Folate: 68.93µg (17.23%), Vitamin C: 12.48mg (15.13%), Vitamin K: 15.22µg (14.5%), Potassium: 408.23mg (11.66%), Phosphorus: 113.43mg (11.34%), Manganese: 0.22mg (11.09%), Vitamin B2: 0.15mg (9.1%), Copper: 0.17mg (8.5%), Vitamin B6: 0.17mg (8.37%), Magnesium: 33.02mg (8.26%), Vitamin A: 400.36IU (8.01%), Calcium: 76.15mg (7.62%), Vitamin E: 1.08mg (7.2%), Vitamin B5: 0.71mg (7.09%), Vitamin B1: 0.1mg (6.91%), Iron: 1.17mg (6.48%), Vitamin B3: 1.29mg (6.44%), Zinc: 0.84mg (5.6%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.07µg (1.25%)