



Five-Layer Mexican Dip



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 avocado pitted peeled



0.5 cup olives black sliced



15.5 oz black beans drained and rinsed canned



0.3 cup cilantro leaves fresh chopped



2 cloves garlic chopped



1 teaspoon ground cumin



0.3 cup juice of lime



1 teaspoon lime zest grated

- ☐ 1.5 cups cheddar cheese shredded low-fat
- ☐ 1 small onion chopped
- ☐ 0.3 cup jalapeño peppers sliced
- ☐ 0.3 cup onion red chopped
- ☐ 16 oz salsa
- ☐ 10 servings salt and pepper
- ☐ 16 oz cream fat-free sour
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 2 teaspoons taco seasoning
- ☐ 10 servings tortilla chips for serving

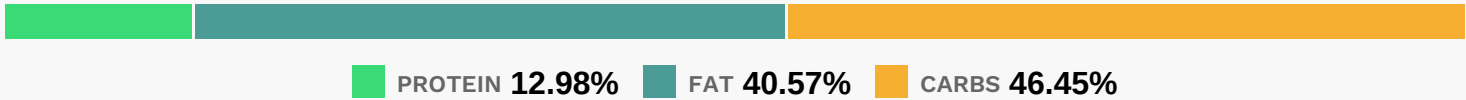
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, puree beans, garlic, onion, cilantro, 2 Tbsp. lime juice, zest, Tabasco, cumin, salt, pepper and 2 Tbsp. hot water until smooth.
- ☐ Stir taco seasoning into sour cream. In a large bowl, mash avocados until no large chunks remain. Stir in red onion, 2 Tbsp. lime juice, salt and pepper.
- ☐ On a platter, layer bean mixture, sour cream, salsa and avocado mixture.
- ☐ Sprinkle with Cheddar and scatter olives and jalapeos over top.
- ☐ Serve with tortilla chips and crudits.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:15.568695767418%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 363.71kcal (18.19%), Fat: 17.19g (26.45%), Saturated Fat: 3g (18.75%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 34.28g (12.47%), Sugar: 3.37g (3.74%), Cholesterol: 7.64mg (2.55%), Sodium: 1094.15mg (47.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Fiber: 10g (40.02%), Phosphorus: 288.99mg (28.9%), Folate: 91.7µg (22.92%), Vitamin K: 22.82µg (21.73%), Vitamin E: 3.12mg (20.78%), Calcium: 203.52mg (20.35%), Potassium: 709.26mg (20.26%), Magnesium: 74.46mg (18.61%), Vitamin B6: 0.36mg (18.05%), Vitamin B2: 0.28mg (16.42%), Copper: 0.29mg (14.55%), Vitamin C: 11.71mg (14.19%), Vitamin B5: 1.42mg (14.18%), Manganese: 0.28mg (14.04%), Vitamin B1: 0.19mg (12.68%), Iron: 2.14mg (11.89%), Vitamin A: 587.6IU (11.75%), Zinc: 1.7mg (11.31%), Vitamin B3: 2.18mg (10.89%), Selenium: 7.56µg (10.8%), Vitamin B12: 0.22µg (3.65%)