



Guacamole Layered Dip

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



587 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup cream sour
- 3 oz cream cheese softened
- 0.8 cup monterrey jack cheese shredded hot
- 0.8 cup gorgonzola dip
- 0.5 cup salsa
- 8 oz guacamole refrigerated frozen thawed
- 0.3 cup olives ripe sliced




Equipment

bowl

Directions

- In medium bowl, combine sour cream, cream cheese and Monterey Jack cheese; mix well.
- Spread evenly on 10-inch serving plate. Refrigerate 5 to 10 minutes or until slightly set.
- Carefully spread bean dip over sour cream mixture.
- Spread salsa over bean dip. Spoon guacamole over salsa.
- Sprinkle with olives.
- Serve immediately, or cover and refrigerate dip until serving time.
- Serve with tortilla chips.

Nutrition Facts

 **PROTEIN 9.53%**  **FAT 78.36%**  **CARBS 12.11%**

Properties

Glycemic Index:31.33, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:14.896956480068%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 586.58kcal (29.33%), Fat: 52.24g (80.37%), Saturated Fat: 23.7g (148.15%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 11.95g (4.35%), Sugar: 9.32g (10.36%), Cholesterol: 87.7mg (29.23%), Sodium: 1076.57mg (46.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Calcium: 402.23mg (40.22%), Vitamin A: 1318.79IU (26.38%), Phosphorus: 253.09mg (25.31%), Fiber: 6.22g (24.87%), Vitamin B2: 0.38mg (22.64%), Vitamin E: 3.06mg (20.39%), Vitamin K: 20.02µg (19.06%), Folate: 74.39µg (18.6%), Potassium: 615.36mg (17.58%), Vitamin B6: 0.34mg (16.79%), Vitamin B5: 1.55mg (15.54%), Selenium: 9.46µg (13.51%), Zinc: 1.75mg (11.69%), Magnesium: 45.59mg (11.4%), Vitamin C: 8.9mg (10.79%), Copper: 0.21mg (10.49%), Vitamin B3: 1.93mg (9.66%), Manganese: 0.17mg (8.44%), Vitamin B12: 0.42µg (6.96%), Vitamin B1: 0.09mg (6.03%), Iron: 0.93mg (5.15%), Vitamin D: 0.17µg (1.13%)