



Guacamole Layered Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

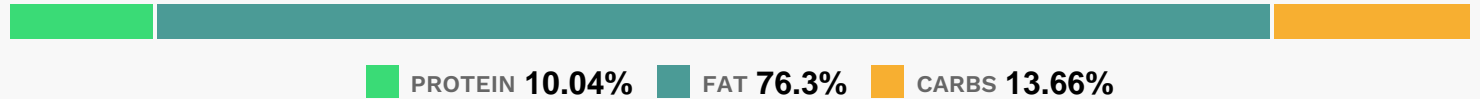
Equipment

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



Properties

Glycemic Index:36.33, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:15.676521586335%

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: 480.63kcal (24.03%), Fat: 42.41g (65.25%), Saturated Fat: 18.78g (117.4%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 9.28g (3.37%), Sugar: 5.96g (6.63%), Cholesterol: 87.7mg (29.23%), Sodium: 742.7mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.11%), Calcium: 327.27mg (32.73%), Fiber: 7.81g (31.24%), Vitamin A: 1325.61IU (26.51%), Phosphorus: 258.94mg (25.89%), Vitamin B2: 0.39mg (23.2%), Vitamin E: 3.21mg (21.38%), Folate: 78.29µg (19.57%), Vitamin K: 20.11µg (19.16%), Potassium: 664.11mg (18.97%), Vitamin C: 15.47mg (18.75%), Vitamin B6: 0.35mg (17.47%), Vitamin B5: 1.6mg (15.98%), Selenium: 9.68µg (13.83%), Magnesium: 49.49mg (12.37%), Zinc: 1.81mg (12.04%), Copper: 0.23mg (11.27%), Vitamin B3: 2mg (9.99%), Manganese: 0.19mg (9.42%), Vitamin B12: 0.42µg (6.96%), Vitamin B1: 0.1mg (6.46%), Iron: 1.12mg (6.24%), Vitamin D: 0.17µg (1.13%)