



Haystack (The Best 7-Layer Dip Ever)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted ripe halved
- ☐ 2 cups cheddar cheese grated
- ☐ 2 cups bean sprouts fresh
- ☐ 10 green onions diced
- ☐ 0.5 cup mayonnaise
- ☐ 16 ounce refried beans with jalapeno peppers canned
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.5 envelope taco seasoning

☐ 2 tomatoes diced

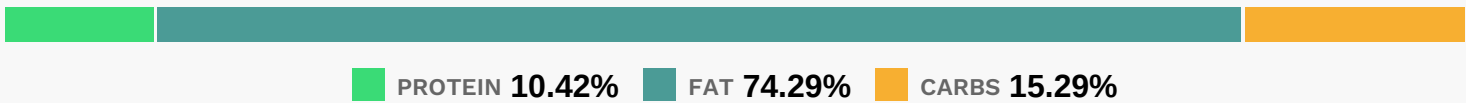
Equipment

☐ bowl

Directions

- ☐ Place refried beans into a bowl and mash until smooth. Scoop avocado out of the peels and mash with refried beans until thoroughly combined.
- ☐ Spread the bean mixture over a large platter in an even layer.
- ☐ Mix sour cream, mayonnaise, and taco seasoning in a bowl; spread in a layer over the bean mixture.
- ☐ Sprinkle tomatoes and green onions as a single layer, then top with a layer of bean sprouts.
- ☐ Sprinkle Cheddar cheese over the top.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:14.636086769726%

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 Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 248.16kcal (12.41%), Fat: 21.33g (32.81%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.15g (4.61%), Cholesterol: 31.23mg (10.41%), Sodium: 311.7mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Vitamin C: 55.94mg (67.81%), Vitamin K: 57.95µg (55.19%), Vitamin A: 1151.63IU (23.03%), Vitamin E: 2.73mg (18.21%), Fiber: 4.39g (17.58%), Calcium: 168.48mg (16.85%), Folate: 62.67µg (15.67%), Vitamin B6: 0.3mg (15.09%), Phosphorus: 144.37mg (14.44%), Vitamin

B2: 0.21mg (12.49%), Potassium: 392.57mg (11.22%), Selenium: 6.53µg (9.32%), Vitamin B5: 0.82mg (8.18%),
Manganese: 0.16mg (8.02%), Zinc: 1.16mg (7.77%), Magnesium: 29.9mg (7.47%), Copper: 0.14mg (7.02%), Vitamin
B3: 1.39mg (6.97%), Vitamin B1: 0.07mg (4.97%), Iron: 0.8mg (4.43%), Vitamin B12: 0.24µg (4.02%)