



## Healthier Seven Layer Taco Dip

 Vegetarian  Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



2685 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounce olives black drained sliced canned
- 1 bell pepper green chopped
- 1 bunch green onions chopped
- 1 small head iceberg lettuce shredded
- 8 ounce neufchâtel cheese softened
- 1 bell pepper red chopped
- 16 ounce salsa
- 2 cups cheddar cheese shredded

- 16 ounce cup heavy whipping cream light sour
- 1 ounce taco seasoning
- 1 large tomatoes chopped

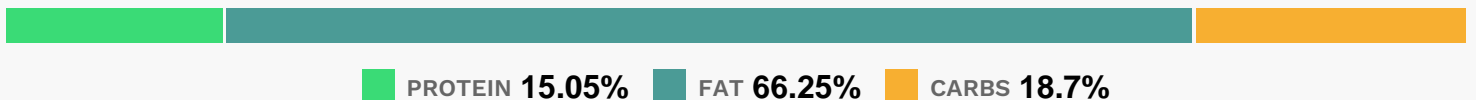
## Equipment

- bowl

## Directions

- Blend taco seasoning mix and refried beans in a bowl.
- Spread mixture onto a large serving platter.
- Mix sour cream and Neufchatel cheese in a bowl.
- Spread over refried beans. Top layers with salsa.
- Place a layer of tomato, green bell peppers, red bell peppers, green onions, and lettuce over salsa.
- Sprinkle with Cheddar cheese.
- Garnish with black olives.

## Nutrition Facts



## Properties

Glycemic Index:198, Glycemic Load:9.59, Inflammation Score:-10, Nutrition Score:77.27652209738%

## Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 7.38mg, Luteolin: 7.38mg, Luteolin: 7.38mg, Luteolin: 7.38mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

## Nutrients (% of daily need)

Calories: 2684.78kcal (134.24%), Fat: 204.89g (315.22%), Saturated Fat: 106.14g (663.38%), Carbohydrates: 130.08g (43.36%), Net Carbohydrates: 99.76g (36.28%), Sugar: 52.08g (57.87%), Cholesterol: 552.59mg (184.2%),

Sodium: 10582.01mg (460.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 104.73g (209.46%), Vitamin C: 311.97mg (378.15%), Vitamin A: 18712.86IU (374.26%), Calcium: 2832.22mg (283.22%), Phosphorus: 1994.16mg (199.42%), Vitamin K: 189.76µg (180.72%), Vitamin B2: 2.32mg (136.4%), Vitamin E: 20mg (133.31%), Selenium: 91.02µg (130.03%), Fiber: 30.33g (121.3%), Potassium: 4135.83mg (118.17%), Vitamin B6: 2.1mg (104.99%), Zinc: 14.74mg (98.26%), Folate: 355.61µg (88.9%), Vitamin B12: 4.98µg (83.02%), Manganese: 1.49mg (74.47%), Magnesium: 289.49mg (72.37%), Vitamin B1: 0.84mg (55.79%), Copper: 1.01mg (50.72%), Vitamin B3: 9.74mg (48.68%), Iron: 8.72mg (48.43%), Vitamin B5: 4.16mg (41.63%), Vitamin D: 2.26µg (15.09%)