

Layered Bean Dip



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



16

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons spring onion chopped
- ☐ 8 ounce guacamole refrigerated
- ☐ 16 ounce refried beans fat-free canned
- ☐ 1 cup salsa fresh refrigerated
- ☐ 4 ounces cheddar cheese reduced-fat
- ☐ 0.3 cup cream fat-free sour
- ☐ 0.5 cup tomatoes diced

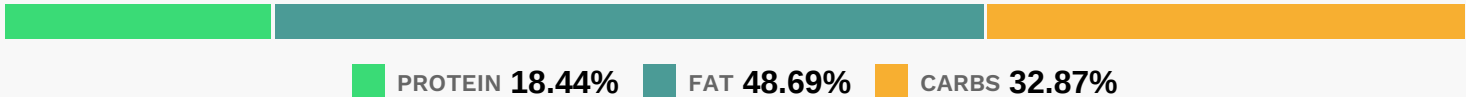
Equipment

☐ bowl

Directions

- ☐ Combine beans and sour cream in a small bowl, stirring until blended.
- ☐ Spread mixture into bottom of a shallow 1-quart serving dish.
- ☐ Spread guacamole over bean mixture. Top with salsa; sprinkle with cheese, tomato, and green onions. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.2447825819254%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 75.5kcal (3.77%), Fat: 4.15g (6.38%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1.66g (1.85%), Cholesterol: 7.06mg (2.35%), Sodium: 319.04mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Fiber: 2.51g (10.03%), Calcium: 67.81mg (6.78%), Vitamin K: 5.76µg (5.48%), Phosphorus: 48.42mg (4.84%), Vitamin A: 224.36IU (4.49%), Potassium: 134.44mg (3.84%), Vitamin B6: 0.07mg (3.71%), Folate: 14.63µg (3.66%), Vitamin E: 0.54mg (3.59%), Vitamin B2: 0.05mg (3.12%), Vitamin C: 2.51mg (3.04%), Iron: 0.47mg (2.59%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.47mg (2.35%), Magnesium: 9.34mg (2.34%), Manganese: 0.05mg (2.33%), Copper: 0.04mg (2.16%), Selenium: 1.46µg (2.09%), Vitamin B12: 0.1µg (1.63%), Vitamin B1: 0.02mg (1.36%)