



Layered Bean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

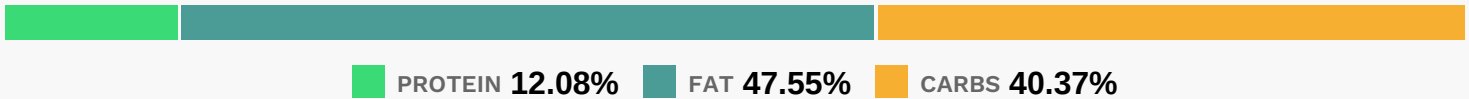
- ☐ 1 halves toppings: green onions sour chopped
- ☐ 8 oz guacamole refrigerated
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 15.6 oz spicy refried beans canned
- ☐ 1 cup salsa refrigerated
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 8 servings tortilla chips

Equipment

Directions

- ☐ Stir together beans and sour cream. Spoon evenly into an 8-inch-square serving dish.
- ☐ Spread guacamole over bean mixture; top evenly with salsa, and sprinkle with cheese. Cover and chill until ready to serve.
- ☐ Add desired toppings, and serve with tortilla chips.
- ☐ Note: For testing purposes only, we used Pace Traditional Refried Beans.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.66, Inflammation Score:-5, Nutrition Score:8.3752174299696%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 291.13kcal (14.56%), Fat: 15.71g (24.18%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 23.7g (8.62%), Sugar: 3.34g (3.72%), Cholesterol: 16.86mg (5.62%), Sodium: 712.19mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Fiber: 6.32g (25.29%), Calcium: 173.52mg (17.35%), Phosphorus: 156.59mg (15.66%), Vitamin E: 2.04mg (13.58%), Vitamin K: 13.89µg (13.23%), Magnesium: 41.19mg (10.3%), Vitamin B6: 0.19mg (9.72%), Vitamin B5: 0.85mg (8.45%), Potassium: 293.12mg (8.37%), Vitamin A: 399.14IU (7.98%), Vitamin B2: 0.13mg (7.9%), Folate: 30.69µg (7.67%), Iron: 1.32mg (7.36%), Zinc: 1.08mg (7.22%), Selenium: 3.96µg (5.66%), Vitamin B3: 1.11mg (5.56%), Copper: 0.11mg (5.4%), Vitamin B1: 0.07mg (4.88%), Vitamin C: 3.54mg (4.29%), Manganese: 0.08mg (3.98%), Vitamin B12: 0.13µg (2.21%)