



Layered Dip

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced pitted peeled
- 2 ounce olives black drained chopped canned
- 8 ounce cream cheese softened
- 1 bell pepper green chopped
- 1 bunch green onions chopped
- 1 cup cocktail sauce
- 3 tablespoons milk
- 8 ounce cheddar cheese shredded

1 tomatoes chopped

Equipment

bowl

Directions

- In a small bowl, mix the cream cheese and milk until smooth.
- Spread onto a large, round serving dish.
- Layer with cocktail sauce. Top with avocado.
- Layer with tomato, green bell pepper, green onions and black olives.
- Sprinkle with cheese. Chill in the refrigerator 1 hour, or until firm.

Nutrition Facts

PROTEIN 12.19% **FAT 69.17%** **CARBS 18.64%**

Properties

Glycemic Index:53, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:18.95217386536%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 623.05kcal (31.15%), Fat: 48.88g (75.2%), Saturated Fat: 23.93g (149.59%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 24.76g (9%), Sugar: 18.59g (20.66%), Cholesterol: 115.32mg (38.44%), Sodium: 1490.92mg (64.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.77%), Calcium: 493.47mg (49.35%), Vitamin C: 34.28mg (41.56%), Vitamin A: 1902.93IU (38.06%), Phosphorus: 373.96mg (37.4%), Selenium: 21.5µg (30.71%), Vitamin K: 30.39µg (28.94%), Vitamin B2: 0.48mg (28.31%), Fiber: 4.87g (19.46%), Zinc: 2.85mg (19.01%), Vitamin E: 2.81mg (18.72%), Folate: 69.57µg (17.39%), Vitamin B6: 0.31mg (15.31%), Potassium: 526.54mg (15.04%), Vitamin B5: 1.36mg (13.62%), Vitamin B12: 0.79µg (13.11%), Magnesium: 45.45mg (11.36%), Copper: 0.18mg

(9.21%), Manganese: 0.16mg (8.23%), Vitamin B1: 0.1mg (6.94%), Vitamin B3: 1.36mg (6.79%), Iron: 0.77mg (4.29%),
Vitamin D: 0.46µg (3.09%)