



Layered Fiesta Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fully avocados ripe
- 2 Tbsp olives black sliced
- 0.8 cup colby & monterey jack cheeses shredded kraft
- 3 green onions chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup lettuce shredded
- 2 Tbsp juice of lime
- 0.8 cup taco bellâ® & chunky salsa thick

1 tomatoes seeded chopped

Equipment

bowl

Directions

- Mash avocados in small bowl.
- Add dressing and lime juice; mix well.
- Spread onto plate.
- Top with remaining ingredients.
- Refrigerate 30 min. or until chilled.

Nutrition Facts

 **PROTEIN 11.3%** **FAT 68.57%** **CARBS 20.13%**

Properties

Glycemic Index:3.16, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.4847825985888%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 27.44kcal (1.37%), Fat: 2.23g (3.43%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.44g (0.49%), Cholesterol: 2.09mg (0.7%), Sodium: 54.81mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin K: 4.75µg (4.52%), Fiber: 0.76g (3.05%), Folate: 9.27µg (2.32%), Vitamin C: 1.75mg (2.12%), Potassium: 69.72mg (1.99%), Vitamin E: 0.3mg (1.97%), Vitamin A: 96.45IU (1.93%), Calcium: 18.86mg (1.89%), Vitamin B6: 0.04mg (1.82%), Phosphorus: 17.56mg (1.76%), Vitamin B5: 0.14mg (1.43%), Vitamin B2: 0.02mg (1.35%), Manganese: 0.02mg (1.23%), Copper: 0.02mg (1.21%), Vitamin B3: 0.23mg (1.16%), Magnesium: 4.51mg (1.13%)