



Layered Mexican Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



591 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 39 oz baked tortilla chips
- 2 Tbsp olives black sliced
- 1 cup black beans canned rinsed
- 1 cup milk cheddar cheese shredded 2% kraft
- 4 green onions chopped
- 1 cup lettuce shredded
- 8 oz philadelphia neufchatel cheese softened
- 1 cup taco bellâ® & chunky salsa thick

1 Tbsp taco bellâ® taco seasoning mix

Equipment

blender

Directions

- Beat Neufchatel with mixer until creamy.
- Add seasoning mix; mix well.
- Spread onto serving plate or bottom of 9-inch pie plate.
- Top with all remaining ingredients except chips.
- Refrigerate 1 hour.
- Serve with chips.

Nutrition Facts



PROTEIN 12.41% **FAT 23.73%** **CARBS 63.86%**

Properties

Glycemic Index:11.8, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:14.91521738664%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 590.87kcal (29.54%), Fat: 15.67g (24.11%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 94.92g (31.64%), Net Carbohydrates: 87.09g (31.67%), Sugar: 2.8g (3.12%), Cholesterol: 28.08mg (9.36%), Sodium: 897.35mg (39.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Phosphorus: 464.82mg (46.48%), Fiber: 7.83g (31.31%), Selenium: 21.74µg (31.06%), Magnesium: 124.13mg (31.03%), Calcium: 301.11mg (30.11%), Vitamin B2: 0.43mg (25.25%), Vitamin B1: 0.29mg (19.37%), Potassium: 488.03mg (13.94%), Vitamin B6: 0.28mg (13.89%), Zinc: 2.05mg (13.65%), Iron: 2.38mg (13.22%), Vitamin A: 659.58IU (13.19%), Vitamin K: 13.66µg (13.01%), Folate: 39.98µg (9.99%), Vitamin E: 1.44mg (9.63%), Copper: 0.19mg (9.45%), Vitamin B3: 0.95mg (4.77%), Manganese: 0.09mg (4.49%), Vitamin B12: 0.19µg (3.13%), Vitamin C: 2.4mg (2.91%), Vitamin B5: 0.27mg (2.72%)