

STARTER & SNACK

Layered Nacho Dip

18 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.40	377 kcal

Layered Nacho Dip might be just the hor d'oeuvre you are searching for. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 377 calories, 11g of protein, and 23g of fat per serving. For \$1.4 per serving, this recipe covers 11% of your daily requirements of vitamins and mineral...

Ingredients

- ☐ 6 ounce avocado dip
- ☐ 6 ounces 1/2 cups shredded Monterey Jack cheese
- ☐ 1 small onion, diced
- ☐ 8 ounce sour cream
- ☐ 2 large tomatoes, diced
- ☐ 4 ounce chopped green chiles
canned
- ☐ 4½ ounce chopped ripe olives, drained
canned
- ☐ 16 ounce refried beans
canned
- ☐ 2 teaspoons taco seasoning mix
- ☐ 8 servings Corn or tortilla chips

EQUIPMENT Baking pan

Method

- 1

Stir together beans and seasoning mix; spread mixture into an 11- x 7-inch baking dish.
- 2

Spread avocado dip and sour cream evenly over bean mixture.
- 3

Sprinkle with olives and next 4 ingredients.

4 Serve with chips.

Nutrition per serving

377

KCAL

11 g

PROTEIN

23 g

FAT

32 g

CARBS

Saturated Fat	8.5 g · 53% of daily needs
Fibre	6.8 g · 27% of daily needs
Sugar	4.5 g · 5% of daily needs
Sodium	865 mg · 38% of daily needs
Cholesterol	35.7 mg · 12% of daily needs
Vitamin C	14.1 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/layered-nacho-dip-143485