



## Layered Taco Dip

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

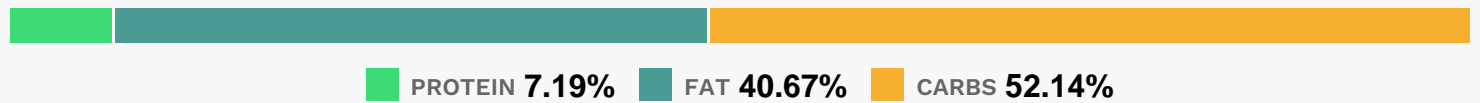
- 0.3 cup olives black sliced
- 1 cup knudsen cream sour
- 0.3 cup green onions chopped
- 1 cup guacamole prepared
- 0.3 cup jalapeño peppers sliced
- 16 oz taco bellâ® refried beans canned
- 1 cup taco bellâ® & chunky salsa thick
- 20 servings wheat snack crackers thin

# Equipment

## Directions

- Spread refried beans on large serving plate; top with layers of sour cream, salsa and guacamole.
- Sprinkle with green onions, olives and jalapenos. Refrigerate until ready to serve.
- Serve as a dip with crackers.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:3.1334782696289%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 203.21kcal (10.16%), Fat: 9.32g (14.33%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 22.75g (8.27%), Sugar: 5.56g (6.17%), Cholesterol: 6.78mg (2.26%), Sodium: 473.63mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Fiber: 4.13g (16.51%), Iron: 1.09mg (6.08%), Vitamin K: 6.09µg (5.8%), Calcium: 44.8mg (4.48%), Vitamin C: 3.33mg (4.04%), Vitamin A: 197.1IU (3.94%), Vitamin E: 0.54mg (3.59%), Potassium: 115.96mg (3.31%), Vitamin B6: 0.07mg (3.26%), Folate: 12.37µg (3.09%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.24mg (2.42%), Phosphorus: 20.3mg (2.03%), Vitamin B3: 0.39mg (1.97%), Copper: 0.04mg (1.93%), Manganese: 0.04mg (1.9%), Magnesium: 7.35mg (1.84%), Vitamin B1: 0.02mg (1.16%), Zinc: 0.15mg (1.01%)