



Lucky 7 Layer Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



602 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe
- 15 ounce black beans canned
- 2 tablespoons cilantro leaves chopped
- 2 cloves garlic finely chopped
- 2 teaspoons ground cumin
- 2 tablespoons hot sauce
- 1 jalapeño seeded finely chopped
- 1 juice of lemon juiced

- 1 lime zest juiced
- 6 servings olive oil extra-virgin for drizzling
- 6 servings pimiento stuffed olives spanish chopped
- 2 plum tomatoes diced
- 15 ounce refried beans canned
- 16 ounce chipotle salsa
- 6 servings salt
- 4 scallions cut into 1 inch pieces
- 2 cups cup heavy whipping cream sour
- 16 ounce tomatillo salsa green
- 2 tortilla chips

Equipment

- frying pan
- casserole dish
- stove
- spatula

Directions

- Watch how to make this recipe.
- Heat refried beans in small nonstick pan over medium heat and season with hot sauce.
- Transfer the beans to a small, deep casserole dish. Scrape pan clean with rubber spatula and return to heat.
- Add a little extra-virgin olive oil to the pan and raise heat to high. When the oil smokes, add the scallions and sear them, 2 to 3 minutes.
- Add green salsa to scallions and heat through.
- Add cilantro, remove salsa from heat, and layer on top of the beans.
- Return the same pan to the stove, lower heat to medium and add black beans, heat through and season with cumin, layer on top of the green salsa.

- Top the black beans with a layer of chipotle salsa.
- Mix sour cream the lime zest and juice and spread on top of the chipotle salsa.
- Combine the meat of 2 ripe avocados with garlic, lemon juice, jalapeno and salt to form a chunky guacamole. Top the salsa with guacamole.
- Garnish the dip with the final layer of diced tomatoes and sliced olives.

Nutrition Facts

PROTEIN 8.05%

FAT 63.69%

CARBS 28.26%

Properties

Glycemic Index:46.67, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:21.942173905995%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 601.82kcal (30.09%), Fat: 43.79g (67.37%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 28.32g (10.3%), Sugar: 13.77g (15.3%), Cholesterol: 45.23mg (15.08%), Sodium: 2375.51mg (103.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Fiber: 15.39g (61.55%), Vitamin K: 46.57µg (44.36%), Vitamin E: 5.72mg (38.11%), Vitamin A: 1858.63IU (37.17%), Vitamin C: 29.54mg (35.81%), Potassium: 1114.24mg (31.84%), Folate: 117.03µg (29.26%), Vitamin B6: 0.44mg (22.21%), Manganese: 0.44mg (21.82%), Phosphorus: 213.23mg (21.32%), Vitamin B2: 0.35mg (20.54%), Iron: 3.65mg (20.28%), Copper: 0.39mg (19.48%), Calcium: 187.1mg (18.71%), Magnesium: 74.42mg (18.61%), Vitamin B5: 1.56mg (15.62%), Vitamin B1: 0.22mg (14.46%), Vitamin B3: 2.85mg (14.25%), Zinc: 1.37mg (9.14%), Selenium: 5.22µg (7.45%), Vitamin B12: 0.16µg (2.68%)