



Mexican Fiesta Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

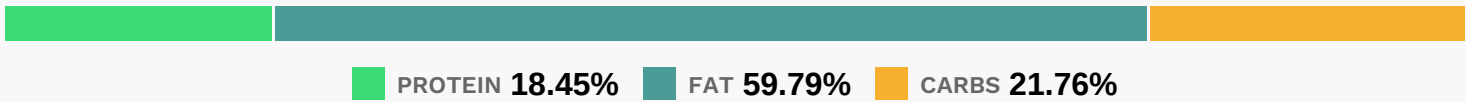
- ☐ 0.5 cup pickled jalapeño peppers sliced
- ☐ 1.5 cups lettuce shredded
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 16 ounce refried beans canned
- ☐ 4 ounces cheddar cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning
- ☐ 1 large tomatoes chopped

Equipment

Directions

- ☐ Combine sour cream and taco seasoning mix.
- ☐ Spread refried beans onto a 9-inch round serving plate; spoon sour cream mixture evenly over beans.
- ☐ Layer with jalapeo peppers and next 4 ingredients.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:6.0352174432381%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 176.62kcal (8.83%), Fat: 11.76g (18.09%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.54g (3.94%), Cholesterol: 34.81mg (11.6%), Sodium: 698.08mg (30.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Calcium: 206.95mg (20.69%), Vitamin A: 966.54IU (19.33%), Phosphorus: 127.22mg (12.72%), Fiber: 3.05g (12.18%), Vitamin C: 9.93mg (12.04%), Vitamin B2: 0.14mg (8.33%), Selenium: 5.72µg (8.17%), Zinc: 0.88mg (5.9%), Vitamin K: 5.77µg (5.49%), Iron: 0.87mg (4.82%), Vitamin B12: 0.26µg (4.37%), Potassium: 115.79mg (3.31%), Folate: 12.86µg (3.22%), Vitamin B6: 0.06mg (3.2%), Vitamin E: 0.48mg (3.2%), Magnesium: 11.82mg (2.96%), Manganese: 0.04mg (2.17%), Vitamin B5: 0.19mg (1.87%), Vitamin B1: 0.02mg (1.5%), Copper: 0.03mg (1.35%), Vitamin B3: 0.22mg (1.08%)