



Mexican Layered Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

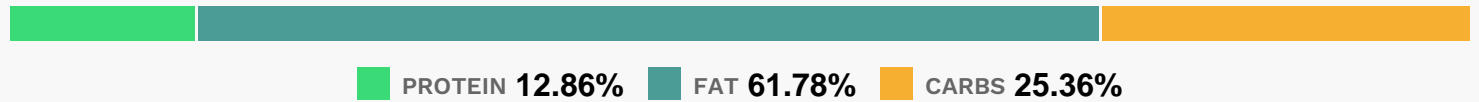
- 0.3 cup olives black chopped
- 0.5 cup green onions chopped
- 1 cup guacamole
- 16 ounce refried beans canned
- 1 cup sharp cheddar cheese shredded
- 1 cup heavy whipping cream sour room temperature
- 1.3 ounce taco seasoning
- 1 large tomatoes seeded chopped

Equipment

Directions

- Spread refried beans in the bottom of a (1-quart) shallow edged serving dish (you can use a transparent dish if you'd like).
- Sprinkle the seasoning packet over the beans.
- Layer the diced tomatoes over the beans, the sour cream over the tomatoes, and the guacamole over the sour cream.
- Sprinkle the entire layered dip with cheddar cheese, followed by green onion and finishing it off with a layer of black olives. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:6.8491304309472%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 178.47kcal (8.92%), Fat: 12.54g (19.29%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 6.88g (2.5%), Sugar: 3.4g (3.78%), Cholesterol: 24.87mg (8.29%), Sodium: 683.86mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Fiber: 4.71g (18.82%), Vitamin A: 877.82IU (17.56%), Vitamin K: 17.7µg (16.86%), Calcium: 128.26mg (12.83%), Vitamin C: 7.74mg (9.38%), Phosphorus: 88.59mg (8.86%), Vitamin B2: 0.13mg (7.57%), Folate: 30.03µg (7.51%), Vitamin E: 0.94mg (6.29%), Potassium: 217.05mg (6.2%), Selenium: 4.21µg (6.01%), Iron: 0.96mg (5.33%), Vitamin B6: 0.1mg (5.01%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.7mg (4.68%), Magnesium: 15.97mg (3.99%), Copper: 0.07mg (3.72%), Manganese: 0.07mg (3.4%), Vitamin B3: 0.6mg (3.02%), Vitamin B12: 0.17µg (2.8%), Vitamin B1: 0.03mg (2.32%)