



Mini 7 Layer Dips



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz refried beans traditional canned
- ☐ 6.3 oz taco seasoning
- ☐ 8 oz cream sour
- ☐ 4 oz chilis green drained chopped canned
- ☐ 1.3 cups guacamole
- ☐ 1.3 cups salsa thick
- ☐ 4 oz colby cheese shredded
- ☐ 1 cup lettuce shredded

☐ 2 tablespoons olives ripe sliced

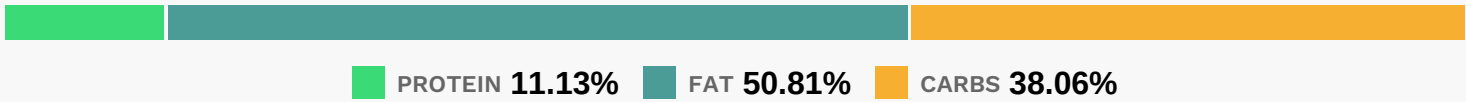
Equipment

☐ bowl

Directions

- ☐ In small bowl, mix refried beans and 2 tablespoons taco seasoning mix.
- ☐ Spread about 3 tablespoons mixture in bottom of each of ten 6-oz custard cups or 9-oz clear plastic cups.
- ☐ Mix sour cream and green chiles; divide evenly among cups (about 2 tablespoons per cup). Top each with about 2 tablespoons each guacamole and salsa, slightly less than 1 tablespoon each cheese and lettuce, and a few olive slices.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:9.8021740161854%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 218.42kcal (10.92%), Fat: 12.98g (19.97%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 13.63g (4.96%), Sugar: 6.89g (7.65%), Cholesterol: 24.15mg (8.05%), Sodium: 2051.95mg (89.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin A: 2212.17IU (44.24%), Fiber: 8.25g (32.99%), Vitamin C: 16mg (19.39%), Calcium: 134.61mg (13.46%), Iron: 2.2mg (12.24%), Phosphorus: 98.46mg (9.85%), Vitamin K: 10.33µg (9.84%), Folate: 38.27µg (9.57%), Vitamin B6: 0.17mg (8.64%), Potassium: 301.8mg (8.62%), Vitamin E: 1.24mg (8.23%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.62mg (6.16%), Vitamin B3: 1.02mg (5.12%), Magnesium: 20.29mg (5.07%), Zinc: 0.71mg (4.73%), Manganese: 0.09mg (4.7%), Copper: 0.09mg (4.65%), Selenium: 2.96µg (4.22%), Vitamin B1: 0.04mg (2.86%), Vitamin B12: 0.14µg (2.36%)