



New Seven-Layer Dip

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



16

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup firmly basil leaves fresh packed
- 0.3 teaspoon pepper black freshly ground
- 15 oz black-eyed peas drained and rinsed canned
- 31.6 oz cannellini beans drained and rinsed canned
- 0.5 cup feta cheese crumbled
- 0.3 cup flat-leaf parsley fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 2 garlic cloves

- 1 pt grape tomatoes
- 0.8 teaspoon ground cumin
- 1 tablespoon hot sauce
- 1 jalapeno minced seeded
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup pickled okra sliced
- 3 tablespoons olive oil
- 0.3 cup castelvetro olives pitted sliced
- 1 medium size bell pepper red chopped
- 0.3 cup onion red minced

Equipment

- food processor
- bowl
- baking pan

Directions

- LAYER 1
- Process beans, garlic, basil leaves, olive oil, 1 Tbsp. fresh lemon juice, and kosher salt in a food processor until smooth, stopping to scrape bowl as needed. Cover and chill until ready to assemble.
- LAYERS 2, 3 & 4
- Rinse onion in cold water, and pat dry.
- Cut grape tomatoes into halves. Stir together pickled okra and sliced olives.
- LAYER 5

- Stir together sour cream, parsley, mint, lemon zest, 1 Tbsp. lemon juice, and ground cumin in a medium bowl. Cover and chill until ready to assemble.
- LAYER 6
- Stir together black-eyed peas, chopped bell pepper, minced jalapeo pepper, hot sauce, and freshly ground black pepper. Cover and chill until ready to assemble.
- LAYER 7
- feta cheese
- ASSEMBLY
- Layer bean mixture; minced onion, tomatoes, pickled okra mixture; sour cream mixture, black-eyed pea mixture, and feta cheese in an 11- x 7-inch baking dish. Cover and chill 1 to 2 hours before serving.
- Serve with pita or multigrain chips and crudits.

Nutrition Facts



■ PROTEIN **19.11%** ■ FAT **29.27%** ■ CARBS **51.62%**

Properties

Glycemic Index:24.88, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:11.374782680169%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 155.22kcal (7.76%), Fat: 5.22g (8.03%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 15.37g (5.59%), Sugar: 2.28g (2.53%), Cholesterol: 6.69mg (2.23%), Sodium: 193.11mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Folate: 116.34µg (29.09%), Vitamin K: 27.69µg (26.37%), Vitamin C: 19.76mg (23.95%), Manganese: 0.45mg (22.35%), Fiber: 5.35g (21.41%), Phosphorus: 152.74mg (15.27%), Vitamin A: 723.33IU (14.47%), Magnesium: 52.26mg (13.07%), Potassium: 407.24mg (11.64%), Vitamin B1: 0.17mg (11.23%), Iron: 1.95mg (10.85%), Copper: 0.2mg (9.88%), Vitamin B6: 0.17mg (8.73%), Calcium: 82.8mg (8.28%), Vitamin B2: 0.12mg (6.87%), Zinc: 1mg (6.68%), Vitamin E: 0.9mg (5.98%), Selenium: 4.01µg (5.73%),

Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.77mg (3.86%), Vitamin B12: 0.11µg (1.82%)