



No-Fuss Mexican Layered Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



458 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings baked tortilla chips
- ☐ 2 tablespoons olives black sliced
- ☐ 1 cup black beans canned rinsed
- ☐ 1 cup double cheddar cheese light shredded kraft
- ☐ 250 g philadelphia brick cream cheese spread light softened
- ☐ 4 green onions chopped
- ☐ 1 cup lettuce shredded
- ☐ 1 cup salsa

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1 tablespoon taco seasoning

Equipment

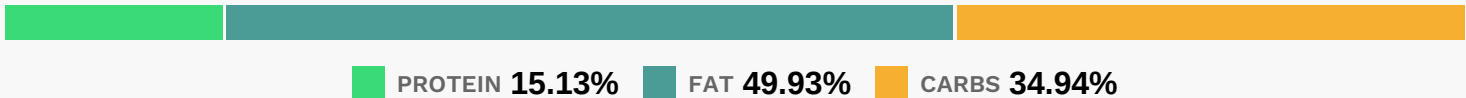
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blender

Directions

- ☐ Beat cream cheese spread with mixer until creamy.
- ☐ Add seasoning mix; beat until well blended.
- ☐ Spread onto bottom of 9-inch pie plate.
- ☐ Layer all remaining ingredients except tortilla chips over cream cheese mixture.
- ☐ Refrigerate 1 hour.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:14.292608743129%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 457.77kcal (22.89%), Fat: 25.65g (39.47%), Saturated Fat: 14.5g (90.64%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 33.99g (12.36%), Sugar: 5.47g (6.08%), Cholesterol: 67mg (22.33%), Sodium: 1300.14mg (56.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.98%), Calcium: 366.46mg (36.65%), Vitamin K: 32.7µg (31.14%), Vitamin A: 1504.01IU (30.08%), Phosphorus: 293.86mg (29.39%), Fiber: 6.4g (25.59%), Selenium: 13.66µg (19.52%), Vitamin B2: 0.29mg (17.04%), Magnesium: 63.69mg (15.92%), Potassium: 458.23mg (13.09%), Folate: 52.26µg (13.07%), Zinc: 1.8mg (11.98%), Vitamin B6: 0.22mg (11.2%), Vitamin B1: 0.17mg (11.17%), Manganese: 0.22mg (10.91%), Iron: 1.9mg (10.54%), Vitamin E: 1.47mg (9.81%), Copper: 0.18mg (9.21%), Vitamin C: 5.49mg (6.66%), Vitamin B3: 1.22mg (6.11%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.35mg (3.53%), Vitamin D: 0.17µg (1.13%)