



## PHILADELPHIA 7-Layer Mexican Dip

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

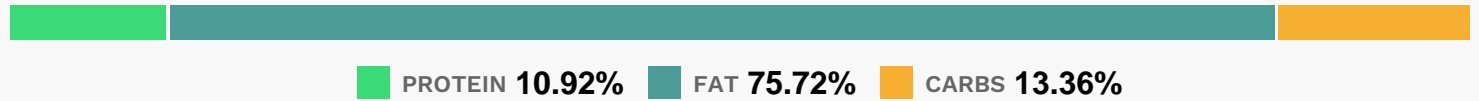
- 2 Tbsp olives black sliced
- 8 oz philadelphia cream cheese softened
- 0.5 cup green onions chopped
- 1 cup guacamole
- 1 cup tightly lettuce shredded packed
- 1 cup taco bellâ® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 1 Tbsp taco bellâ® taco seasoning mix

# Equipment

## Directions

- Mix cream cheese and seasoning mix until blended; spread onto serving plate.
- Top with remaining ingredients.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:10.53, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:4.3956521775412%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 118.97kcal (5.95%), Fat: 10.42g (16.03%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.57g (1.75%), Cholesterol: 22.8mg (7.6%), Sodium: 243.52mg (10.59%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.38g (6.77%), Vitamin K: 12.8µg (12.19%), Vitamin A: 464.17IU (9.28%), Calcium: 78.6mg (7.86%), Phosphorus: 67.13mg (6.71%), Fiber: 1.64g (6.57%), Vitamin B2: 0.1mg (5.83%), Vitamin E: 0.81mg (5.4%), Selenium: 3.69µg (5.27%), Folate: 20.69µg (5.17%), Potassium: 167.73mg (4.79%), Vitamin B6: 0.09mg (4.57%), Vitamin B5: 0.39mg (3.91%), Vitamin C: 2.84mg (3.44%), Zinc: 0.51mg (3.43%), Magnesium: 11.95mg (2.99%), Manganese: 0.06mg (2.85%), Copper: 0.05mg (2.67%), Vitamin B3: 0.53mg (2.64%), Vitamin B12: 0.11µg (1.89%), Vitamin B1: 0.03mg (1.79%), Iron: 0.28mg (1.55%)