



PHILADELPHIA® 7-Layer Mexican Dip

 Vegetarian  Gluten Free

READY IN

ready

190 min.

SERVINGS

servings

32

CALORIES

calories

56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

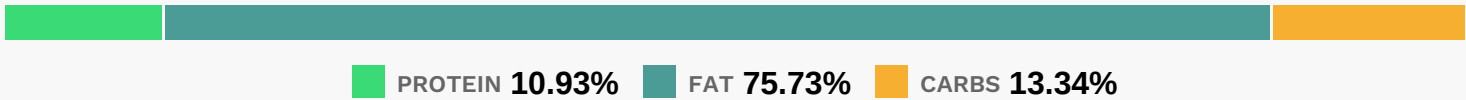
- ☐ 8 ounce philadelphia cream cheese softened
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup guacamole
- ☐ 1 cup lettuce shredded
- ☐ 2 tablespoons olives pitted ripe sliced
- ☐ 1 cup taco bell® home originals® 'n chunky salsa thick
- ☐ 1 cup cheddar cheese shredded kraft
- ☐ 1 tablespoon taco bell® home originals® taco seasoning mix

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.0595652415701%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 55.76kcal (2.79%), Fat: 4.89g (7.52%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.74g (0.82%), Cholesterol: 10.69mg (3.56%), Sodium: 113.77mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 6µg (5.71%), Vitamin A: 217.14IU (4.34%), Calcium: 36.84mg (3.68%), Phosphorus: 31.47mg (3.15%), Fiber: 0.77g (3.07%), Vitamin B2: 0.05mg (2.73%), Vitamin E: 0.38mg (2.53%), Selenium: 1.73µg (2.47%), Folate: 9.7µg (2.43%), Potassium: 78.62mg (2.25%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.24mg (1.61%), Vitamin C: 1.33mg (1.61%), Magnesium: 5.6mg (1.4%), Manganese: 0.03mg (1.34%), Copper: 0.03mg (1.25%), Vitamin B3: 0.25mg (1.24%)