



## Seven-Layer Bean Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz refried beans traditional canned
- 1 oz taco seasoning
- 8 oz cream cheese softened
- 4 oz chilis green chopped canned
- 1 cup salsa thick
- 2 cups lettuce shredded
- 8 oz cheddar cheese shredded
- 2.3 oz olives ripe drained sliced canned ()

- 0.8 cup tomatoes diced
- 1 serving tortilla chips blue

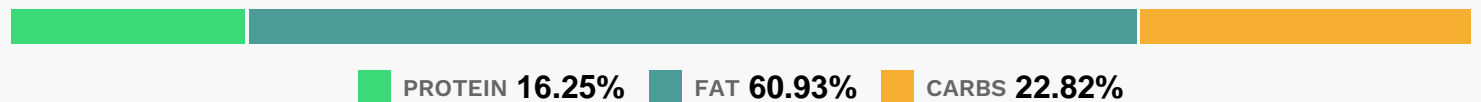
## Equipment

- bowl

## Directions

- In medium bowl, mix refried beans and taco seasoning mix.
- Spread mixture on large platter.
- In another medium bowl, mix cream cheese and chiles. Carefully spread over bean mixture.
- Top with salsa, lettuce, cheese, olives and tomato. Refrigerate until serving time.
- Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:4.459130441365%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 145.44kcal (7.27%), Fat: 9.96g (15.33%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.04g (2.2%), Sugar: 2.76g (3.07%), Cholesterol: 27.78mg (9.26%), Sodium: 640.43mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin A: 679.54IU (13.59%), Calcium: 129.86mg (12.99%), Fiber: 2.35g (9.42%), Phosphorus: 90.81mg (9.08%), Vitamin C: 4.74mg (5.74%), Vitamin B2: 0.09mg (5.3%), Selenium: 3.63µg (5.19%), Vitamin K: 4.48µg (4.26%), Vitamin E: 0.62mg (4.15%), Iron: 0.74mg (4.1%), Zinc: 0.59mg (3.92%), Vitamin B12: 0.21µg (3.43%), Vitamin B6: 0.07mg (3.37%), Potassium: 114.8mg (3.28%), Folate: 11.58µg (2.9%), Magnesium: 10.85mg (2.71%), Manganese: 0.04mg (2.11%), Vitamin B5: 0.19mg (1.91%), Vitamin B3: 0.33mg (1.66%), Vitamin B1: 0.02mg (1.5%), Copper: 0.03mg (1.48%)