



Seven-Layer Bean Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 16 servings tortilla chips blue
- ☐ 8 oz cream cheese softened
- ☐ 2 cups lettuce shredded
- ☐ 2.3 oz olives ripe drained sliced canned ()
- ☐ 16 oz refried beans canned
- ☐ 1 cup salsa thick (any variety)
- ☐ 8 oz cheddar cheese shredded

- ☐ 1 oz taco seasoning
- ☐ 0.8 cup tomatoes diced

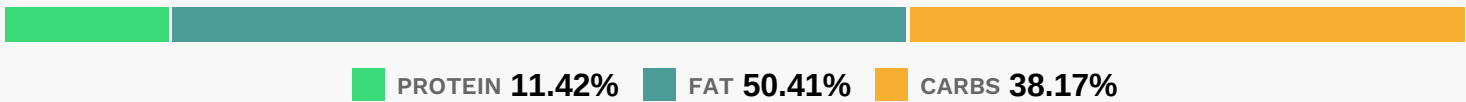
Equipment

- ☐ 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:6.7165217282979%

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: 269.53kcal (13.48%), Fat: 15.4g (23.69%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 22.45g (8.16%), Sugar: 2.97g (3.3%), Cholesterol: 27.78mg (9.26%), Sodium: 730.05mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Calcium: 158.01mg (15.8%), Fiber: 3.79g (15.15%), Phosphorus: 149.97mg (15%), Vitamin A: 681.44IU (13.63%), Vitamin E: 1.55mg (10.33%), Vitamin K: 9.96µg (9.49%), Magnesium: 32.93mg (8.23%), Selenium: 4.79µg (6.85%), Vitamin B2: 0.11mg (6.4%), Iron: 1.15mg (6.38%), Zinc: 0.95mg (6.34%), Vitamin C: 5.04mg (6.11%), Vitamin B6: 0.12mg (5.77%), Vitamin B5: 0.5mg (5.03%), Potassium: 163.57mg (4.67%), Vitamin B1: 0.06mg (3.95%), Folate: 15.21µg (3.8%), Vitamin B12: 0.21µg (3.43%), Vitamin B3: 0.56mg (2.79%), Copper: 0.05mg (2.75%), Manganese: 0.04mg (2.11%)