



Seven-Layer Bean Dip



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 oz chilis green chopped old el paso® canned
- ☐ 8 oz cream cheese softened
- ☐ 2 cups lettuce shredded
- ☐ 2.3 oz olives ripe drained sliced canned ()
- ☐ 16 oz refried beans old el paso® canned
- ☐ 1 cup salsa thick old el paso® (any variety)
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 oz taco seasoning old el paso®

☐ 0.8 cup tomatoes diced

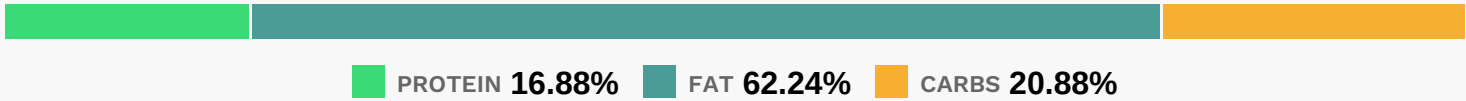
Equipment

☐ 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:4.3473912982837%

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: 137.37kcal (6.87%), Fat: 9.6g (14.78%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.75g (3.06%), Cholesterol: 27.78mg (9.26%), Sodium: 638.21mg (27.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 680.6IU (13.61%), Calcium: 128.33mg (12.83%), Fiber: 2.28g (9.1%), Phosphorus: 86.97mg (8.7%), Vitamin C: 5.04mg (6.11%), Vitamin B2: 0.09mg (5.24%), Selenium: 3.56µg (5.09%), Iron: 0.72mg (4.02%), Vitamin K: 4.11µg (3.92%), Zinc: 0.56mg (3.76%), Vitamin E: 0.56mg (3.74%), Vitamin B12: 0.21µg (3.43%), Vitamin B6: 0.07mg (3.27%), Potassium: 112.61mg (3.22%), Folate: 11.85µg (2.96%), Magnesium: 9.41mg (2.35%), Manganese: 0.04mg (2.11%), Vitamin B5: 0.17mg (1.71%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.34%)