

Seven Layer Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados pitted halved
- 0.8 cup olives black canned drained sliced
- 4.5 ounce chiles green undrained chopped canned
- 2 teaspoons chili powder
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lime fresh for avocado layer
- 0.5 cup mayonnaise
- 1 cup pepper jack cheese grated

- 16 ounce refried beans traditional canned (variety)
- 1 cup salsa
- 8 servings salt
- 0.5 cup scallion greens green sliced thin
- 1 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan

Directions

- Mix beans, chiles, 1 Tb. of lime juice, chili powder, cumin, and a pinch of salt in a small bowl. In a second small bowl, mash avocados with a fork; stir in remaining 2 Tbs. lime juice and 1/2 teaspoon of salt to make guacamole. In a third small bowl, mix sour cream and mayonnaise.
- Spread bean mixture, then guacamole, then sour cream mixture, and finally salsa over the bottom of a 9-inch deep-dish pie plate or similar size pan.
- Sprinkle with olives, then cheese. (Dip can be covered and refrigerated up to 2 days) To serve, sprinkle with green onions.

Nutrition Facts

PROTEIN 8.82% **FAT 73.21%** **CARBS 17.97%**

Properties

Glycemic Index:24.13, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:14.356086907179%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

0.69mg

Nutrients (% of daily need)

Calories: 399.11kcal (19.96%), Fat: 33.55g (51.62%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 9.47g (3.45%), Sugar: 4.6g (5.11%), Cholesterol: 35.41mg (11.8%), Sodium: 1190.97mg (51.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin K: 54.47µg (51.87%), Fiber: 9.06g (36.25%), Vitamin E: 3.28mg (21.86%), Folate: 80.83µg (20.21%), Vitamin C: 16.18mg (19.61%), Calcium: 192.08mg (19.21%), Vitamin A: 893IU (17.86%), Potassium: 555.48mg (15.87%), Vitamin B6: 0.31mg (15.7%), Phosphorus: 144.01mg (14.4%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.29mg (12.93%), Copper: 0.2mg (10.19%), Vitamin B3: 1.94mg (9.72%), Magnesium: 38.12mg (9.53%), Iron: 1.71mg (9.51%), Manganese: 0.17mg (8.56%), Zinc: 1.16mg (7.73%), Selenium: 4.34µg (6.2%), Vitamin B1: 0.08mg (5.43%), Vitamin B12: 0.19µg (3.24%)