



Seven Layer Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado
- ☐ 0.5 cup olives black sliced
- ☐ 14.5 ounce tortilla chips
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup green onions
- ☐ 2 tablespoons juice of lemon
- ☐ 9 ounce bean dip canned
- ☐ 8 ounce jalapeno processed cheese spread canned

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning
- ☐ 2 large tomatoes chopped

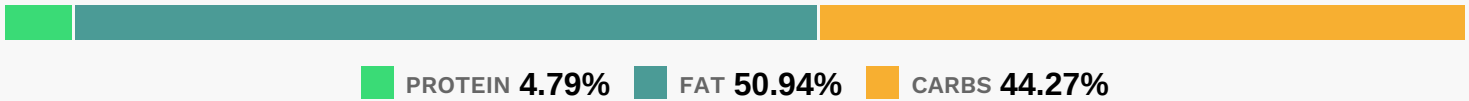
Equipment

- ☐ mixing bowl

Directions

- ☐ In a small mixing bowl combine the sour cream and taco mix; mix well.
- ☐ Spread bean dip into the bottom of a 9x13 inch clear glass dish.
- ☐ Layer avocado on top of the bean dip.
- ☐ Sprinkle the lemon juice and garlic salt over the mixture.
- ☐ Spread the sour cream mixture over the avocados.
- ☐ Layer the olives over the sour cream, the tomatoes over the olives; spread the cheese dip and onions over the entire mixture.
- ☐ Serve with tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:6.6830434915812%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 236kcal (11.8%), Fat: 13.47g (20.72%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 22.14g (8.05%), Sugar: 3.48g (3.86%), Cholesterol: 12.77mg (4.26%), Sodium: 590.66mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 17.59µg (16.75%), Fiber: 4.19g (16.75%), Vitamin C: 11.62mg (14.09%), Vitamin A: 683.96IU (13.68%), Vitamin E: 1.68mg (11.17%), Calcium: 102.75mg (10.28%), Phosphorus: 84.91mg (8.49%), Magnesium: 33.67mg (8.42%), Potassium: 220.64mg (6.3%), Vitamin B6: 0.12mg (5.88%), Vitamin B5: 0.59mg (5.87%), Folate: 22.95µg (5.74%), Iron: 0.9mg (4.98%), Vitamin B1: 0.06mg (4.3%), Copper: 0.08mg (4.22%), Zinc: 0.57mg (3.82%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.68mg (3.39%), Manganese: 0.06mg (3.18%), Selenium: 1.72µg (2.46%)