



Seven-Layer Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon chili powder
- 1 cup cream sour
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 0.5 teaspoon ground cumin
- 10 servings kosher salt
- 2 ounces monterrey jack cheese shredded
- 2 medium spring onion light white green thinly sliced (and parts only)
- 2 ounces sharp cheddar cheese shredded

- 10 servings tortilla chips for serving
- 0.3 cup water

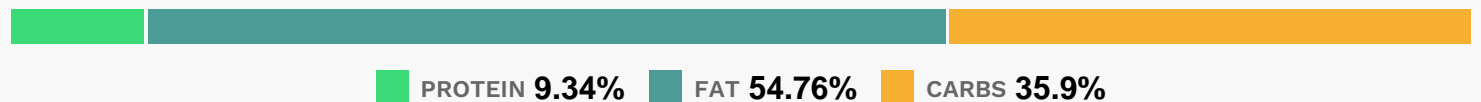
Equipment

- sauce pan
- spatula

Directions

- Place the refried beans in a medium saucepan over medium heat and cook, stirring occasionally, until heated through.
- Add the water and stir until evenly incorporated.
- Add the chili powder and cumin, stir to combine, and continue to cook until the spices are fragrant, about 2 minutes. Taste and season with salt as needed.
- Transfer the bean mixture to an 8-by-8-inch serving dish and spread into an even layer.
- Sprinkle with the cheeses and jalapeños. Using a rubber spatula, drop the guacamole in large dollops over the cheese and jalapeños and spread into an even layer.
- Spread the pico de gallo in an even layer over the guacamole. Using a clean rubber spatula, drop the crema or sour cream in large dollops over the pico de gallo and spread into an even layer, being careful not to disturb the pico de gallo.
- Sprinkle with the scallions and cilantro.
- Serve immediately with tortilla chips and hot sauce (if using).

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.070000005805%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 223.9kcal (11.19%), Fat: 13.96g (21.48%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.92g (6.88%), Sugar: 1.14g (1.26%), Cholesterol: 24.29mg (8.1%), Sodium: 368.12mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Calcium: 139.4mg (13.94%), Phosphorus: 133.87mg (13.39%), Vitamin K: 13.15µg (12.52%), Vitamin E: 1.23mg (8.21%), Magnesium: 30.23mg (7.56%), Vitamin A: 340.42IU (6.81%), Fiber: 1.67g (6.69%), Selenium: 4.57µg (6.54%), Vitamin B2: 0.11mg (6.48%), Zinc: 0.87mg (5.78%), Vitamin B5: 0.45mg (4.49%), Vitamin B6: 0.07mg (3.73%), Iron: 0.64mg (3.56%), Vitamin B1: 0.05mg (3.28%), Potassium: 103.09mg (2.95%), Vitamin B12: 0.16µg (2.59%), Folate: 8.99µg (2.25%), Copper: 0.04mg (2.08%), Vitamin B3: 0.31mg (1.54%)