



WHATSheATE



Seven-Layer Dip I



Gluten Free



Popular

READY IN



15 min.

SERVINGS



15

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 ounce olives black chopped canned
- ☐ 0.5 cup green onions chopped
- ☐ 1.5 pounds ground beef
- ☐ 1 cup guacamole
- ☐ 4 cups cheddar-monterey jack cheese blend shredded
- ☐ 16 ounce refried beans canned
- ☐ 1 cup salsa
- ☐ 8 ounce cup heavy whipping cream sour

☐ 0.5 cup tomatoes chopped

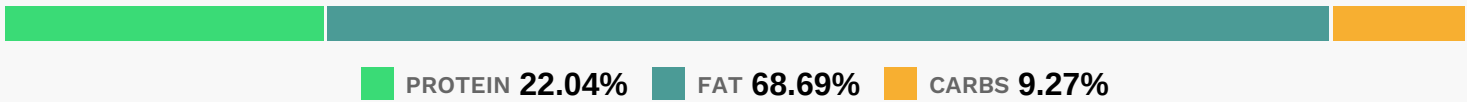
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, brown ground beef. Set aside to drain and cool to room temperature.
- ☐ Spread the beans into the bottom of a 9x13 inch serving tray that is about 1 1/2 inches deep.
- ☐ Sprinkle 2 cups of shredded cheese on top of beans.
- ☐ Sprinkle beef on top of cheese.
- ☐ Spread sour cream very slowly on top of beef.
- ☐ Spread guacamole on top of sour cream.
- ☐ Pour salsa over guacamole and spread evenly.
- ☐ Sprinkle remaining shredded cheese.
- ☐ Sprinkle black olives, tomatoes, and green onions on top.
- ☐ You can serve this dish immediately, or refrigerate it over night and serve cold. I think it tastes better at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:10.665217275205%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 317.63kcal (15.88%), Fat: 24.29g (37.36%), Saturated Fat: 11.21g (70.06%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 4.39g (1.59%), Sugar: 2.42g (2.69%), Cholesterol: 67.94mg (22.65%), Sodium: 571.75mg (24.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Calcium: 270.17mg (27.02%), Phosphorus: 233.76mg (23.38%), Vitamin B12: 1.25µg (20.88%), Zinc: 3.01mg (20.1%), Selenium: 12.01µg (17.16%), Vitamin B2: 0.24mg (14.19%), Vitamin B6: 0.26mg (12.86%), Vitamin K: 13.38µg (12.74%), Vitamin B3: 2.5mg (12.5%), Fiber: 2.99g (11.94%), Vitamin A: 549.87IU (11%), Iron: 1.63mg (9.04%), Potassium: 314.09mg (8.97%), Vitamin E: 1.09mg (7.24%), Folate: 26.71µg (6.68%), Magnesium: 26.47mg (6.62%), Vitamin B5: 0.62mg (6.16%), Copper: 0.09mg (4.69%), Vitamin C: 3.44mg (4.17%), Vitamin B1: 0.05mg (3.26%), Manganese: 0.06mg (3.19%), Vitamin D: 0.23µg (1.51%)