



Seven Layer Dip II

 **Gluten Free**  **Popular**

READY IN



20 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados diced pitted peeled
- 2.3 ounce olives black drained finely chopped canned
- 0.3 cup cilantro leaves fresh chopped
- 8 servings garlic salt to taste
- 1 bunch green onions finely chopped
- 8 servings ground pepper black to taste
- 2 cups cheese blend shredded mexican-style
- 1.5 tablespoons juice of lime fresh

- 16 ounce refried beans canned
- 4 roma tomatoes diced (plum)
- 0.3 cup salsa
- 8 ounce cup heavy whipping cream sour
- 1 ounce taco seasoning

Equipment

- bowl

Directions

- In a medium bowl, mash the avocados.
- Mix in lime juice, cilantro, salsa, garlic salt and pepper.
- In a small bowl, blend the sour cream and taco seasoning.
- In a 9x13 inch dish or on a large serving platter, spread the refried beans. Top with sour cream mixture.
- Spread on guacamole. Top with tomatoes, green onions, Mexican-style cheese blend and black olives.

Nutrition Facts



PROTEIN 14.67% **FAT 62.36%** **CARBS 22.97%**

Properties

Glycemic Index:30, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:11.532608654188%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 286.71kcal (14.34%), Fat: 20.46g (31.47%), Saturated Fat: 7.79g (48.69%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 9.62g (3.5%), Sugar: 4.96g (5.51%), Cholesterol: 38.85mg (12.95%), Sodium: 1173.6mg (51.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Fiber: 7.32g (29.3%), Vitamin A: 1212.92IU (24.26%), Vitamin K: 22.46µg (21.39%), Calcium: 207.75mg (20.77%), Phosphorus: 159.06mg (15.91%), Vitamin C: 12.82mg (15.54%), Folate: 52.11µg (13.03%), Vitamin B2: 0.21mg (12.06%), Vitamin E: 1.81mg (12.05%), Potassium: 413.76mg (11.82%), Vitamin B12: 0.7µg (11.63%), Vitamin B6: 0.2mg (9.83%), Vitamin B5: 0.89mg (8.89%), Selenium: 6.19µg (8.84%), Zinc: 1.32mg (8.82%), Iron: 1.39mg (7.74%), Magnesium: 29.64mg (7.41%), Manganese: 0.15mg (7.4%), Copper: 0.14mg (7.13%), Vitamin B3: 1.25mg (6.25%), Vitamin B1: 0.07mg (4.43%)