

# Seven Layer Dip III

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 avocado diced pitted peeled
- 0.3 cup olives black drained chopped
- 15 ounce black beans rinsed drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 cup green onions sliced
- 2 jalapeño peppers fresh diced finely
- 3 cups lettuce shredded
- 1 teaspoon lime zest grated

- 0.7 cup monterrey jack cheese shredded
- 2 chile peppers fresh red chopped
- 1 cup chunky salsa
- 8 ounce cup heavy whipping cream sour

## Equipment

- bowl

## Directions

- Layer shredded lettuce on a 12 inch serving platter.
- In a medium bowl, stir together black beans, red chile peppers and green onions. Spoon the mixture on top of the lettuce. Gently spread sour cream over beans.
- Sprinkle with jalapeno peppers and lime zest.
- Drain excess liquid from salsa.
- Place salsa in a medium bowl. Stir in avocado. Spoon the mixture over sour cream layer.
- Sprinkle with Monterey Jack cheese. Top with black olives and cilantro.
- Serve immediately, or chill in the refrigerator.

## Nutrition Facts



**PROTEIN 15.34%** **FAT 52.19%** **CARBS 32.47%**

## Properties

Glycemic Index:18.13, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:5.8169566114312%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 100.1kcal (5.01%), Fat: 6.07g (9.34%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.32g (1.93%), Sugar: 1.98g (2.2%), Cholesterol: 13.39mg (4.46%), Sodium: 306.98mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin C: 13.5mg (16.36%), Fiber: 3.18g (12.72%), Vitamin K: 10.72µg (10.21%), Vitamin A: 406.74IU (8.13%), Folate: 32.47µg (8.12%), Phosphorus: 80.16mg (8.02%), Calcium: 74.79mg (7.48%), Potassium: 237.89mg (6.8%), Manganese: 0.13mg (6.56%), Vitamin B2: 0.1mg (6.17%), Vitamin B6: 0.12mg (5.99%), Magnesium: 20.68mg (5.17%), Copper: 0.1mg (5%), Iron: 0.86mg (4.78%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.07mg (4.44%), Zinc: 0.48mg (3.19%), Vitamin B3: 0.64mg (3.19%), Selenium: 1.93µg (2.76%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.07µg (1.22%)