






 **96%**
HEALTH SCORE

Seven Layer Taco Dip

 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN

30 min.

SERVINGS

1

CALORIES

3459 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 6 ounce olives black drained sliced canned
- 8 ounce cream cheese softened
- 1 bell pepper green chopped
- 1 bunch green onions chopped
- 1 small head iceberg lettuce shredded
- 16 ounce refried beans canned
- 16 ounce salsa
- 2 cups cheddar cheese shredded

- 16 ounce cup heavy whipping cream sour
- 1 ounce taco seasoning
- 1 large tomatoes chopped

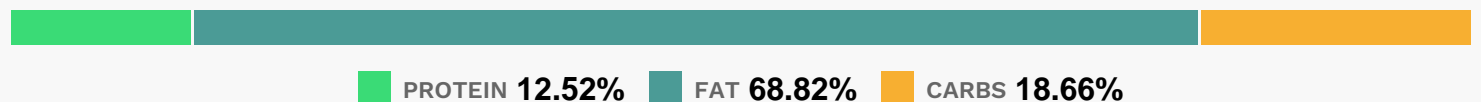
Equipment

- bowl

Directions

- In a medium bowl, blend the taco seasoning mix and refried beans.
- Spread the mixture onto a large serving platter.
- Mix the sour cream and cream cheese in a medium bowl.
- Spread over the refried beans.
- Top the layers with salsa.
- Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with Cheddar cheese.
- Garnish with black olives.

Nutrition Facts



Properties

Glycemic Index:205, Glycemic Load:21.01, Inflammation Score:-10, Nutrition Score:74.566521810449%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 6.65mg, Luteolin: 6.65mg, Luteolin: 6.65mg, Luteolin: 6.65mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Nutrients (% of daily need)

Calories: 3458.97kcal (172.95%), Fat: 270.81g (416.63%), Saturated Fat: 138.75g (867.2%), Carbohydrates: 165.21g (55.07%), Net Carbohydrates: 118.33g (43.03%), Sugar: 74.18g (82.43%), Cholesterol: 722.68mg (240.89%),

Sodium: 12904.18mg (561.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.85g (221.7%), Vitamin A: 17840.07IU (356.8%), Calcium: 2746.78mg (274.68%), Vitamin C: 159.65mg (193.52%), Phosphorus: 1915.6mg (191.56%), Fiber: 46.88g (187.51%), Vitamin K: 189.37µg (180.35%), Vitamin B2: 2.61mg (153.26%), Selenium: 106.33µg (151.9%), Vitamin E: 19.52mg (130.15%), Potassium: 3444.76mg (98.42%), Vitamin B6: 1.88mg (94.14%), Zinc: 12.94mg (86.29%), Manganese: 1.41mg (70.3%), Magnesium: 272.94mg (68.24%), Iron: 12.24mg (68.01%), Folate: 266.85µg (66.71%), Vitamin B12: 3.85µg (64.12%), Vitamin B5: 5.3mg (52.98%), Copper: 0.98mg (49.14%), Vitamin B1: 0.68mg (45.61%), Vitamin B3: 8.41mg (42.03%), Vitamin D: 1.36µg (9.04%)