



Seven Layer Tex Mex Dip

 Vegetarian  Gluten Free  Popular

READY IN



15 min.

SERVINGS



7

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black drained
- 0.3 cup green onions chopped
- 1 cup guacamole
- 0.3 cup mayonnaise
- 16 ounce refried beans canned
- 2 cups cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour
- 1 ounce taco seasoning

1 tomatoes chopped

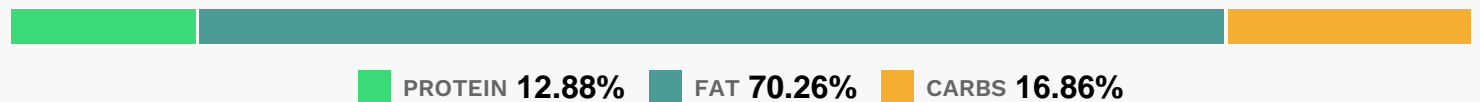
Equipment

bowl

Directions

- In a large serving dish, spread the refried beans.
- Layer the guacamole on top of the beans.
- In a medium bowl, mix the mayonnaise, sour cream and taco seasoning mix.
- Spread over the layer of guacamole.
- Sprinkle a layer of Cheddar cheese over the mayonnaise mixture layer.
- Sprinkle tomato, green onions and black olives over the cheese.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:11.44695659824%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 369.75kcal (18.49%), Fat: 29.28g (45.04%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 9.47g (3.44%), Sugar: 4.44g (4.94%), Cholesterol: 54.76mg (18.25%), Sodium: 1050.5mg (45.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.15%), Calcium: 294.13mg (29.41%), Vitamin K: 30.65µg (29.19%), Fiber: 6.34g (25.35%), Vitamin A: 1217.33IU (24.35%), Phosphorus: 198.48mg (19.85%), Selenium: 10.73µg (15.32%), Vitamin B2: 0.25mg (14.78%), Vitamin E: 1.67mg (11.1%), Folate: 43.12µg (10.78%), Vitamin C: 8.76mg (10.62%), Zinc: 1.58mg (10.52%), Potassium: 293.7mg (8.39%), Vitamin B5: 0.77mg (7.71%), Vitamin B6:

0.15mg (7.29%), Iron: 1.27mg (7.04%), Vitamin B12: 0.42µg (7%), Magnesium: 25.57mg (6.39%), Copper: 0.1mg (5.25%), Manganese: 0.08mg (4.19%), Vitamin B3: 0.8mg (4.01%), Vitamin B1: 0.05mg (3.34%), Vitamin D: 0.21µg (1.4%)