



## Six-Layer Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

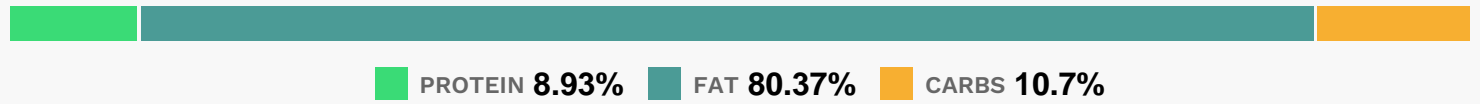
- 1 fully avocado divided ripe cut in half,
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 2 green onions sliced
- 3 Tbsp taco bellâ® & chunky salsa thick
- 0.8 cup cheddar cheese shredded kraft
- 2 Tbsp taco bellâ® taco seasoning mix ( )
- 1 small tomatoes chopped

# Equipment

## Directions

- Mash half the avocado with cream cheese until well blended; spread onto bottom of pie plate.
- Mix sour cream and seasoning mix; spread over cream cheese mixture. Chop remaining avocado; mix with salsa.
- Spread over sour cream layer; cover with remaining ingredients.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:16.4, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:5.5260869821777%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 196.63kcal (9.83%), Fat: 18.13g (27.9%), Saturated Fat: 8.96g (56.03%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.4g (2.66%), Cholesterol: 44.95mg (14.98%), Sodium: 214.2mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin A: 737.51IU (14.75%), Calcium: 111.71mg (11.17%), Vitamin K: 11.16µg (10.63%), Phosphorus: 95.81mg (9.58%), Vitamin B2: 0.16mg (9.39%), Selenium: 5.34µg (7.63%), Fiber: 1.72g (6.86%), Folate: 24.6µg (6.15%), Vitamin E: 0.89mg (5.94%), Potassium: 204.82mg (5.85%), Vitamin B5: 0.54mg (5.42%), Vitamin C: 4.26mg (5.16%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.66mg (4.43%), Magnesium: 14.75mg (3.69%), Vitamin B12: 0.19µg (3.13%), Copper: 0.06mg (3%), Manganese: 0.05mg (2.74%), Vitamin B3: 0.52mg (2.62%), Vitamin B1: 0.03mg (2.15%), Iron: 0.28mg (1.58%)