



## Skinny Seven Layer Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



40

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 avocados pitted peeled mashed
- 2.3 ounce olives black drained sliced canned
- 15 ounce black beans rinsed drained canned
- 22 ounce regular corn mexican-style drained canned
- 2 cloves garlic minced
- 0.3 cup green onions sliced
- 1 jalapeno fresh diced finely
- 1 juice of lemon juiced

- 3 cups lettuce shredded
- 5 dashes pepper sauce hot
- 1 roma tomato chopped (plum)
- 1 cup chunky salsa
- 1 cup mexican cheese blend shredded
- 8 ounce cup heavy whipping cream fat-free sour
- 1 ounce taco seasoning

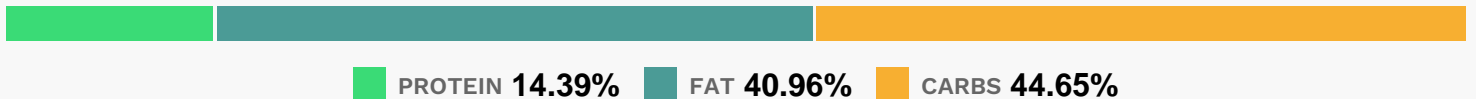
## Equipment

- bowl

## Directions

- Mix together the sour cream, garlic, jalapeno pepper, cilantro, taco seasoning, hot pepper sauce, and 1/2 of the lemon juice in a bowl until well blended.
- In another bowl, mash the avocado with the remaining lemon juice; set aside.
- Spread the shredded lettuce over a 12-inch serving platter.
- Layer the black beans evenly on top, followed by the Mexican-style corn.
- Spread the prepared sour cream mixture over the corn.
- Gently spread the avocado mixture on top of the sour cream.
- Pour the salsa evenly over the avocado mixture.
- Sprinkle the Mexican cheese blend, olives, green onions, and tomato on top.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.9886956616588%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 58.77kcal (2.94%), Fat: 2.8g (4.31%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5.05g (1.83%), Sugar: 0.71g (0.79%), Cholesterol: 3.17mg (1.06%), Sodium: 217.72mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Fiber: 1.82g (7.3%), Folate: 22.89µg (5.72%), Vitamin K: 5.26µg (5.01%), Phosphorus: 44.96mg (4.5%), Potassium: 141.98mg (4.06%), Vitamin A: 202.06IU (4.04%), Vitamin C: 3.24mg (3.93%), Calcium: 35.36mg (3.54%), Manganese: 0.07mg (3.41%), Vitamin B2: 0.05mg (2.97%), Magnesium: 11.58mg (2.89%), Copper: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.7%), Vitamin E: 0.39mg (2.6%), Iron: 0.43mg (2.39%), Vitamin B3: 0.47mg (2.36%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.19mg (1.89%), Selenium: 1µg (1.43%)