



Slim Six-Layer Dip

 Vegetarian  Gluten Free

READY IN



23 min.

SERVINGS



10

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe
- 30 ounce kidney beans red drained and rinsed canned
- 0.8 cup cilantro leaves fresh
- 2 cloves garlic roughly chopped
- 2 teaspoons hot sauce your favorite
- 1 jalapeño stemmed thinly sliced
- 10 servings kosher salt
- 2 teaspoons juice of lemon fresh

- 1 cup cheddar cheese shredded low-fat
- 1 tablespoon olive oil extra-virgin
- 1.5 cups nonfat yogurt plain
- 2 cups romaine lettuce shredded finely
- 5 scallions white green thinly sliced
- 1 cup sharp cheddar cheese shredded
- 3 medium tomatoes diced ripe

Equipment

- food processor
- bowl
- frying pan
- blender
- potato masher
- glass casserole dish

Directions

- Heat the oil in a skillet over medium heat.
- Add the garlic, beans and chili paste and heat until fragrant, about 3 minutes. Using a potato masher or fork, mash the beans.
- Remove from the heat, add 2 tablespoons water and mash until somewhat smooth.
- Spread in a 2-quart glass casserole dish.
- Scatter the cheese over the beans. Halve and pit the avocados; scoop out the flesh into a bowl and mash with 1 teaspoon salt and the lemon juice.
- Spread the avocado over the cheese.
- Reserve some scallions, cilantro and jalapeno for garnish. Pulse the yogurt with the remaining scallions, cilantro and jalapeno in a blender or food processor.
- Spread over the avocado. Top with the lettuce. Season the tomatoes with another teaspoon salt and scatter over the lettuce. Top with the reserved scallions, cilantro and jalapeno.

Nutrition Facts

PROTEIN 21.04% FAT 44.02% CARBS 34.94%

Properties

Glycemic Index:28.3, Glycemic Load:5.13, Inflammation Score:-8, Nutrition Score:16.042173893555%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 244.81kcal (12.24%), Fat: 12.45g (19.15%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 14.14g (5.14%), Sugar: 6.17g (6.85%), Cholesterol: 14.41mg (4.8%), Sodium: 590.17mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin K: 42.16µg (40.15%), Fiber: 8.09g (32.36%), Vitamin A: 1481.99IU (29.64%), Phosphorus: 291.55mg (29.16%), Calcium: 242.97mg (24.3%), Folate: 86.3µg (21.57%), Manganese: 0.39mg (19.58%), Potassium: 670.11mg (19.15%), Vitamin C: 14.31mg (17.34%), Vitamin B2: 0.29mg (17.21%), Magnesium: 56.45mg (14.11%), Vitamin B6: 0.26mg (13.05%), Zinc: 1.89mg (12.58%), Copper: 0.25mg (12.55%), Vitamin B1: 0.17mg (11.12%), Selenium: 7.44µg (10.63%), Vitamin B5: 1.04mg (10.39%), Vitamin E: 1.47mg (9.81%), Iron: 1.72mg (9.53%), Vitamin B3: 1.51mg (7.55%), Vitamin B12: 0.4µg (6.66%)