



## VELVEETA 7 Layer Mexican Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 can olives black
- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 cup knudsen cream sour
- 8 oz guacamole
- 16 oz refried beans canned
- 10 oz ro\*tel tomatoes & chilies diced green
- 8 oz velveeta melted

## Equipment

- bowl
- frying pan

## Directions

- PLACE refried beans in pan to heat them up and make it look less like they had come out of a can.
- Add in can of the RO\*TEL Original Diced Tomatoes & Green Chilies.
- SPREAD refried bean mixture on the bottom of a platter or clear bowl.
- LAYER one after another the VELVEETA, guacamole, sour cream, the rest of the RO\*TEL Original Diced Tomatoes & Green Chilies, the KRAFT Mexican Style Shredded Four Cheese with a TOUCH OF PHILADELPHIA then finally the black olives to top it.

## Nutrition Facts

**PROTEIN 15.04%** **FAT 64.78%** **CARBS 20.18%**

## Properties

Glycemic Index:4.8, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:2.9921739017186%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 86.27kcal (4.31%), Fat: 6.37g (9.8%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.66g (1.84%), Cholesterol: 10.52mg (3.51%), Sodium: 431.49mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Phosphorus: 102.9mg (10.29%), Calcium: 84.71mg (8.47%), Fiber: 1.68g (6.74%), Vitamin A: 303.7IU (6.07%), Vitamin B2: 0.09mg (5.12%), Vitamin E: 0.75mg (5.02%), Potassium: 102.36mg (2.92%), Vitamin C: 2.13mg (2.58%), Zinc: 0.39mg (2.58%), Vitamin K: 2.7µg (2.57%), Folate: 8.98µg (2.25%), Copper: 0.04mg (1.89%), Vitamin B6: 0.04mg (1.81%), Selenium: 1.23µg (1.76%), Iron: 0.29mg (1.6%), Magnesium: 6.19mg (1.55%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.23mg (1.14%), Manganese: 0.02mg (1.13%)