

5-Layer Mexican Dip

Yield: 4 min

Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/best-5-layer-mexican-dip-recipe>

Ingredients:

- 15 1/2 ounces refried beans
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1 cup Breakstone's Sour Cream
- 1 cup Kraft Shredded Cheddar Cheese
- 3 green onions sliced
- 1/3 cup sliced black olives
- 1 tomato chopped

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 870 milligrams
9. Sugar: 2 grams

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