

# 7-layer Mexican Ranch Salad

Yield: 10 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-7-layer-mexican-salad>

## Ingredients:

- 15 ounces refried beans fat free
- 2 cups prepared guacamole
- 4 ounces pitted olives sliced, drained, optional
- 1/2 cup prepared salsa
- 1/2 cup wish bone ranch dress
- 2 1/2 cups shredded lettuce
- 1 cup shredded cheddar cheese about 4 oz
- tortilla chips

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 460 milligrams
9. Sugar: 1 grams

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