

Seven Layer Dip

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-seven-layer-dip-recipe>

Ingredients:

- 16 ounces refried beans traditional variety
- 4 1/2 ounces green chiles chopped, undrained
- 1 tablespoon fresh lime juice plus
- 2 tablespoons fresh lime juice for avocado layer
- 2 teaspoons chili powder
- 1/4 teaspoon ground cumin
- salt
- 3 avocados halved, pitted, flesh spooned out
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 cup salsa drain to equal 1 cup if salsa is especially runny
- 3/4 cup black olives sliced canned, drained
- 1 cup pepper jack cheese grated
- 1/2 cup scallion greens thin sliced, green part only

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 30 milligrams
4. Fat: 28 grams
5. Fiber: 10 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 870 milligrams
9. Sugar: 5 grams

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