

# Mexican Layered Dip

Yield: 10 min  
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-layered-dip-recipe>

## Ingredients:

- 16 ounces refried beans
- 1 1/4 ounces taco seasoning mix
- 1 tomato large, seeded and chopped
- 1 cup guacamole
- 1 cup sour cream room temperature
- 1 cup shredded sharp cheddar cheese
- 1/2 cup green onions chopped
- 1/4 cup black olives chopped

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 770 milligrams
9. Sugar: 3 grams

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