

Italian Seven Layer Dip

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 cups ricotta
- 1 1/2 cups roasted red bell pepper sliced roasted, chopped
- 1 1/2 cups tuna chunks
- 3 tablespoons fresh basil leaves chopped
- salt to taste
- 2 tablespoons mozzarella sliced, chopped
- 8 Kalamata olives
- 2 tablespoons capers
- 4 tablespoons pine nuts roasted pignoli /
- virgin olive oil optional
- dip optional
- potato chips Blue and white
- seasonal vegetables to taste

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 65 milligrams
4. Fat: 44 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 13 grams
8. Sodium: 1500 milligrams

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