

Mexican 7 Layer Dip

Yield: 8 min
Total Time: 20 min

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

Ingredients:

- 1 cup black beans drained and rinsed
- 1 cup sour cream
- 1 cup salsa
- 1 cup guacamole
- 1 cup shredded cheddar cheese
- 1 red bell pepper chopped
- 1/4 cup black olives sliced

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 630 milligrams
9. Sugar: 4 grams

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