

# Jen's Nine Layer Dip

Yield: 6 min  
Total Time: 45 min

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

## Ingredients:

- 2 skinless boneless chicken breast halves
- 1 1/2 tablespoons chopped fresh cilantro
- 1 tablespoon vegetable oil
- 4 slices lean bacon chopped
- 16 ounces refried beans
- 1 teaspoon taco seasoning mix
- 1 cup sour cream
- 3/4 cup shredded cheddar cheese
- 1 cup prepared guacamole
- 1 cup diced tomatoes
- 1 1/2 tablespoons chopped fresh cilantro
- 2 tablespoons sliced black olives
- 2 tablespoons sliced green onions finely
- 1/4 cup shredded cheddar cheese

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 40 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 550 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Jen's Nine Layer Dip above. You can see more 18 mexican nine layer dip recipe Savor the mouthwatering goodness! to get more great cooking ideas.