

Seven Layer Dip III

Yield: 6 min
Total Time: 15 min

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

Ingredients:

- 3 cups shredded lettuce
- 15 ounces black beans rinsed and drained
- 2 red chile peppers chopped fresh
- 1/4 cup sliced green onions
- 8 ounces sour cream
- 2 jalapeno peppers fresh, finely diced
- 1 teaspoon lime zest grated
- 1 cup chunky salsa
- 1/2 avocado peeled, pitted and diced
- 2/3 cup shredded Monterey Jack cheese
- 1/3 cup black olives chopped, drained
- 1 tablespoon chopped fresh cilantro

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams

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