

# Seven Layer Fiesta Dip

Rhoma Krische

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

24 ounces refried beans OR bean dip  
6 ripe California avocados, mashed  
2 tablespoons lemon juice  
1 cup sour cream  
4 tablespoons mayonnaise  
1 package (1.25 ounces) taco seasoning mix  
1 bunch green onions  
2 to 3 medium tomatoes  
1 small can (2 ounces) sliced black olives  
1 package (8 ounces) cheddar cheese  
OR cheddar/jack cheese, shredded

On a round pizza pan or large round plate, spread the bean dip.

Layer the mashed California avocados over the bean dip and sprinkle with lemon juice.

In a bowl, mix the sour cream, mayonnaise and taco seasoning mix. Spread over the avocado.

Chop the green onions and tomatoes for the fourth and fifth layers.

Spread the olives on the top.

Sprinkle with the cheddar cheese and garnish with sliced avocados.

All you need are chips to dip.

---

Per Serving (excluding unknown items): 1139 Calories; 108g Fat (82.1% calories from fat); 12g Protein; 41g Carbohydrate; 7g Dietary Fiber; 121mg Cholesterol; 3817mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 16 1/2 Fat; 1 1/2 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1139	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	82.1%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	14.0%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	4.0%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	108g	<b>Folacin (mcg):</b>	43mcg
<b>Saturated Fat (g):</b>	38g	<b>Niacin (mg):</b>	trace

**Monounsaturated Fat (g):** 36g  
**Polyunsaturated Fat (g):** 26g  
**Cholesterol (mg):** 121mg  
**Carbohydrate (g):** 41g  
**Dietary Fiber (g):** 7g  
**Protein (g):** 12g  
**Sodium (mg):** 3817mg  
**Potassium (mg):** 439mg  
**Calcium (mg):** 397mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 20mg  
**Vitamin A (i.u.):** 6568IU  
**Vitamin A (r.e.):** 1035 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

---

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 1/2  
**Fat:** 16 1/2  
**Other Carbohydrates:** 1 1/2

---

## Nutrition Facts

### Amount Per Serving

**Calories** 1139                      **Calories from Fat:** 935

---

### % Daily Values\*

<b>Total Fat</b> 108g	166%
Saturated Fat 38g	191%
<b>Cholesterol</b> 121mg	40%
<b>Sodium</b> 3817mg	159%
<b>Total Carbohydrates</b> 41g	14%
Dietary Fiber 7g	27%
<b>Protein</b> 12g	
<hr/>	
<b>Vitamin A</b>	131%
<b>Vitamin C</b>	33%
<b>Calcium</b>	40%
<b>Iron</b>	26%

\* Percent Daily Values are based on a 2000 calorie diet.