Old Glory Dip

communitytable.com Relish Magazine - July 2016

refried beans
guacamole
salsa
shredded Cheddar cheese
sour cream
sliced black olives
grape tomatoes
tortilla chips

In an 11x7-inch glass dish, layer the refried beans, guacamole, salsa, Cheddar cheese and sour cream.

To create the flag's star field, use a table knife to outline a rectangular box in the upper left side of the sour cream. Fill the box with black olives.

To create the flag's stripes, cut the grape tomatoes in half lengthwise. Arrange them in stripes across the sour cream.

Serve with tortilla chips.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges:

Appetizers

Dar Canrina Mutritional Analysis

0	Vitamin B6 (mg):	0mg
0.0%	Vitamin B12 (mcg):	0mcg
0.0%	Thiamin B1 (mg):	0mg
0.0%	Riboflavin B2 (mg):	0mg
Oα	Folacin (mcg):	0mcg
	Niacin (mg):	0mg
. 	Caffeine (mg):	0mg
. •	Alcohol (kcal):	0
0g	% Dofuso	በ በ%
0mg		
0g	Food Exchanges	
0g	Grain (Starch):	0
	0.0% 0.0% 0.0% 0g 0g 0g 0g 0g 0g 0g	0.0% 0.0% Thiamin B12 (mcg): Thiamin B1 (mg): O.0% Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal): Omg Omg Og Food Exchanges

Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving				
Calories 0	Calories from Fat: 0			
	% Daily Values*			
Total Fat 0g	0%			
Saturated Fat 0g	0%			
Cholesterol Omg	0%			
Sodium 0mg	0%			
Total Carbohydrates 0g	0%			
Dietary Fiber 0g	0%			
Protein 0g				
Vitamin A	0%			
Vitamin C	0%			
Calcium	0%			
Iron	0%			

^{*} Percent Daily Values are based on a 2000 calorie diet.