

MEXICAN LAYERED DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 24

Nutrition (per serving)

Calories: 117

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 344 mg

Total Carbohydrate: 8 g

Dietary Fiber: 3 g

Total Sugars: 2 g

Protein: 7 g



Ingredients

- 16 ounces light sour cream
- 1 Tablespoon chili powder
- ½ Tablespoon ground cumin
- ½ Tablespoon garlic powder
- 2 ½ cups fat-free refried beans
- 2 cups guacamole
- 10 ounces (2 cups) shredded chicken breast
- 1 ½ cups light shredded Mexican cheese
- ¾ cup chopped green onion



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Directions

1. In a small bowl, mix sour cream with chili powder, cumin and garlic powder. Set aside.
2. Spread refried beans on the bottom of a 9 x 13" baking dish.
3. Continue the layers by spreading guacamole, then shredded chicken, the sour cream mixture, shredded cheese and top with green onion.
4. Serve with tortilla chips.