

# Seven Layer Taco Dip

## Ingredients :

- 16ounces refried beans
- 1(1 1/4 ounce) package taco seasoning
- 1cup sour cream
- 1cup guacamole
- 1cup salsa
- 1cup lettuce
- 1cup Mexican blend cheese
- 4ounces sliced olives
- 1cup tomatoes

## Directions

1. Layer in this order.
2. 16 oz refried beans mixed w/ 1 package taco seasoning.
3. 1 c sour cream.
4. 1 c guacamole.
5. 1 c salsa.
6. 1 c lettuce.
7. 1 c Mexican cheese.
8. 4oz sliced olives.
9. 1 c tomatoes.

## Nutrition Info

Calories 138.5

Calories from Fat 77

Total Fat 8.7 g

Saturated Fat 4.6 g

Cholesterol 21.5 mg

Total Carbohydrate 11.1 g

Dietary Fiber 3.4 g

Sugars 3 g

Protein 5.4 g

Source : [allrecipes.com](http://allrecipes.com)