

Chilled Mexican Appetizer Dip

Marideanne Blomgren - Raleigh, NC
Southern Living - 1987 Annual Recipes

Yield: 12 cups

1 can (9 ounce) commercial bean dip
1 can (6 ounce) tomato paste
1 can (4 ounce) chopped green chilies,
drained
2 avocados, peeled and coarsely
chopped
2 small tomatoes, coarsely chopped
2 teaspoons lemon juice
1/2 cup sour cream
1/2 cup mayonnaise
1 package (1-1/4 ounce) taco
seasoning mix
1 small green pepper, coarsely chopped
1 bunch green onions, coarsely
chopped
1 jar (2 ounce) diced pimientos,
drained
1 can (4-1/2 ounce) chopped ripe
olives, drained
2 cups (8 ounces) extra-sharp
Cheddar cheese, shredded
5 cherry tomatoes, quartered
chopped green onions (for garnish)

In a bowl, combine the bean dip, tomato paste and chiles. Spread the mixture in a twelve-inch round platter with sides.

In a bowl, combine the avocados, tomatoes and lemon juice. Toss and arrange evenly over the bean mixture. Set aside.

In a bowl, combine the sour cream, mayonnaise and taco seasoning mix. Spoon over the avocado mixture.

In a bowl, combine green pepper, green onions, pimiento and olives. Sprinkle over the sour cream mixture.

Top with cheese.

Garnish with cherry tomatoes and additional green onions.

Cover and chill for one to two hours.

Serve with tortilla chips.

Per Serving (excluding unknown items): 2000 Calories; 181g Fat (75.9% calories from fat); 24g Protein; 105g Carbohydrate; 24g Dietary Fiber; 90mg Cholesterol; 4125mg Sodium. Exchanges: 9 1/2 Vegetable; 1 1/2 Fruit; 1/2 Non-Fat Milk; 25 Fat; 1 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

% Calories from Fat: 75.9%
 % Calories from Carbohydrates: 19.6%
 % Calories from Protein: 4.5%
 Total Fat (g): 181g
 Saturated Fat (g): 38g
 Monounsaturated Fat (g): 71g
 Polyunsaturated Fat (g): 55g
 Cholesterol (mg): 90mg
 Carbohydrate (g): 105g
 Dietary Fiber (g): 24g
 Protein (g): 24g
 Sodium (mg): 4125mg
 Potassium (mg): 4838mg
 Calcium (mg): 283mg
 Iron (mg): 9mg
 Zinc (mg): 4mg
 Vitamin C (mg): 265mg
 Vitamin A (i.u.): 13801IU
 Vitamin A (r.e.): 1590RE

Vitamin B12 (mcg): .6mcg
 Thiamin B1 (mg): .9mg
 Riboflavin B2 (mg): 1.0mg
 Folacin (mcg): 386mcg
 Niacin (mg): 15mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 9 1/2
 Fruit: 1 1/2
 Non-Fat Milk: 1/2
 Fat: 25
 Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 2000 **Calories from Fat:** 1519

% Daily Values*

Total Fat	181g	279%
Saturated Fat	38g	190%
Cholesterol	90mg	30%
Sodium	4125mg	172%
Total Carbohydrates	105g	35%
Dietary Fiber	24g	96%
Protein	24g	
Vitamin A		276%
Vitamin C		442%
Calcium		28%
Iron		53%

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