



Bachelors Flamin' Hot Mexican Bean Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans with green chillies, drained canned
- 11 ounce jalapeño peppers chopped canned
- 10 ounce canned tomatoes diced with green chillies, drained canned
- 15 ounce nacho cheese dip
- 1 clove garlic minced
- 1 tablespoon olive oil
- 1 onion chopped

Equipment

sauce pan

Directions

- Heat the olive oil in a large saucepan over medium heat.
- Add onion and garlic; cook and stir until onion is translucent, about 5 minutes.
- Pour in the jalapenos, black beans, diced tomatoes with green chilies and cheese dip.
- Heat through, stirring to blend as needed.
- Serve hot.

Nutrition Facts



PROTEIN 11.9% **FAT 53.49%** **CARBS 34.61%**

Properties

Glycemic Index:4.75, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:5.0386956645095%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 127.09kcal (6.35%), Fat: 7.9g (12.15%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 7.98g (2.9%), Sugar: 2.93g (3.25%), Cholesterol: 3.19mg (1.06%), Sodium: 864.05mg (37.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Fiber: 3.52g (14.07%), Vitamin A: 660.99IU (13.22%), Iron: 1.42mg (7.89%), Vitamin C: 6.51mg (7.89%), Manganese: 0.15mg (7.32%), Folate: 28.89µg (7.22%), Copper: 0.13mg (6.33%), Potassium: 218.11mg (6.23%), Vitamin B6: 0.11mg (5.46%), Calcium: 53.58mg (5.36%), Vitamin B1: 0.08mg (5.08%), Phosphorus: 50.48mg (5.05%), Magnesium: 19.88mg (4.97%), Vitamin K: 4.78µg (4.55%), Vitamin B2: 0.07mg (4.01%), Vitamin E: 0.51mg (3.4%), Vitamin B3: 0.5mg (2.53%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.21mg (2.14%)