



## Bean and Bacon Fiesta Dip

 Gluten Free

READY IN



35 min.

SERVINGS



22

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 slices bacon
- 16 oz refried beans traditional canned
- 4 oz chilis green drained chopped canned
- 1 cup corn frozen thawed drained
- 15 oz black beans rinsed drained canned
- 16 oz salsa thick
- 6 oz cheddar cheese shredded
- 1 serving cream sour

- 1 serving tortilla chips

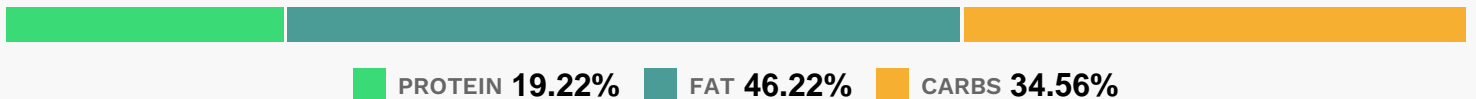
## Equipment

- bowl
- paper towels
- microwave

## Directions

- Cook bacon until crisp; drain on paper towels. Set 2 slices of bacon aside; crumble remaining 6 slices.
- Spray 8-inch square (2-quart) microwavable dish with cooking spray. In medium bowl, mix refried beans, green chiles and crumbled bacon.
- Spread mixture evenly in dish.
- Sprinkle frozen corn and black beans evenly over refried bean mixture.
- Pour salsa over top.
- Sprinkle cheese over salsa. Crumble remaining 2 slices of bacon; sprinkle over cheese.
- Microwave uncovered on High 10 to 15 minutes or until cheese is bubbly and mixture is thoroughly heated.
- Garnish with spoonfuls of sour cream.
- Serve warm dip with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:1.77, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:4.1365217164807%

## Nutrients (% of daily need)

Calories: 113.94kcal (5.7%), Fat: 5.92g (9.1%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 7.01g (2.55%), Sugar: 1.42g (1.58%), Cholesterol: 12.95mg (4.32%), Sodium: 453.1mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Fiber: 2.94g (11.75%), Phosphorus: 83.23mg (8.32%),

Calcium: 74.75mg (7.47%), Folate: 19.59µg (4.9%), Selenium: 3.36µg (4.79%), Iron: 0.86mg (4.76%), Vitamin B6: 0.09mg (4.75%), Potassium: 166.01mg (4.74%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.85mg (4.25%), Vitamin B2: 0.07mg (4.17%), Manganese: 0.08mg (4.14%), Magnesium: 16.48mg (4.12%), Vitamin C: 3.22mg (3.9%), Zinc: 0.55mg (3.66%), Vitamin A: 180.99IU (3.62%), Copper: 0.06mg (3.05%), Vitamin E: 0.35mg (2.35%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.18mg (1.84%), Vitamin K: 1.33µg (1.27%)