



WHATSheATE



Bean and Bacon Fiesta Dip



Gluten Free

READY IN



35 min.

SERVINGS



22

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 22 servings tortilla chips

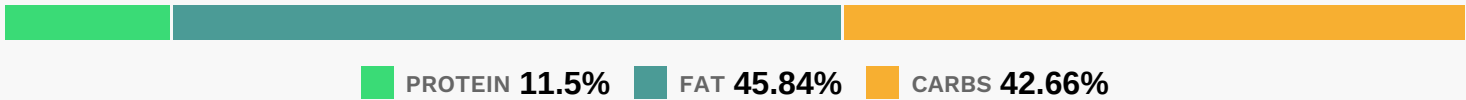
Equipment

- ☐ 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:-4, Nutrition Score:6.787826049587%

Nutrients (% of daily need)

Calories: 262.91kcal (13.15%), Fat: 13.67g (21.03%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 24.24g (8.81%), Sugar: 2.02g (2.25%), Cholesterol: 19.71mg (6.57%), Sodium: 546.88mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.43%), Fiber: 4.39g (17.57%), Phosphorus:

152.14mg (15.21%), Calcium: 114.88mg (11.49%), Magnesium: 40.1mg (10.03%), Vitamin E: 1.34mg (8.93%), Vitamin B6: 0.15mg (7.42%), Vitamin B1: 0.11mg (7.2%), Iron: 1.28mg (7.11%), Selenium: 4.96µg (7.08%), Vitamin K: 7.09µg (6.75%), Potassium: 229.7mg (6.56%), Vitamin B2: 0.11mg (6.41%), Zinc: 0.96mg (6.38%), Folate: 23.83µg (5.96%), Vitamin B3: 1.09mg (5.45%), Vitamin B5: 0.54mg (5.4%), Vitamin A: 253.97IU (5.08%), Copper: 0.09mg (4.45%), Vitamin C: 3.54mg (4.3%), Manganese: 0.08mg (4.2%), Vitamin B12: 0.16µg (2.67%)