



## Cheesy Bean Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



32

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



4.5 oz chilis green chopped old el paso® canned



0.5 medium bell pepper red chopped



16 oz refried beans old el paso® canned



2 cups cheddar cheese shredded

## Equipment



frying pan



oven



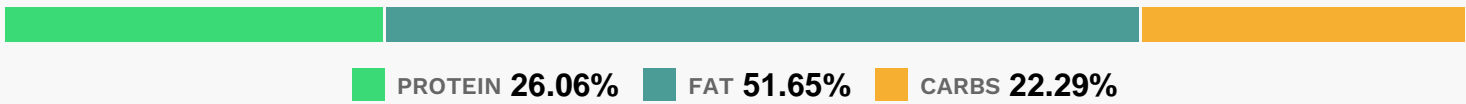
microwave

☐ pie form

## Directions

- ☐ In 9-inch microwave-safe pie pan, combine beans and green chiles; spread evenly in pan. Cover with microwave-safe waxed paper. Microwave on High for 2 to 2 1/2 minutes or until dip is warm.
- ☐ Uncover; sprinkle with cheese. Top with bell pepper and jalapeño chile. Re-cover; microwave on Medium for an additional 3 to 4 minutes or until cheese is almost melted. Lift waxed paper slowly to allow steam to escape when looking at cheese melt. Pie pan will be hot; carefully remove from microwave oven.
- ☐ Let dip stand 2 minutes; uncover.
- ☐ Sprinkle with fresh cilantro.
- ☐ Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.2943478191028%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 35.88kcal (1.79%), Fat: 2.01g (3.09%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.52g (0.58%), Cholesterol: 6.65mg (2.22%), Sodium: 139.9mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Calcium: 52.37mg (5.24%), Vitamin C: 3.74mg (4.54%), Phosphorus: 31.58mg (3.16%), Fiber: 0.7g (2.81%), Vitamin A: 121.14IU (2.42%), Selenium: 1.06µg (1.52%), Vitamin B2: 0.03mg (1.47%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.09µg (1.43%), Iron: 0.23mg (1.28%)