



Cheesy Refried Black Bean Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz refried beans canned
- 4 oz cheddar cheese shredded
- 0.5 cup salsa thick
- 6.3 oz taco seasoning
- 0.5 cup queso fresco crumbled
- 1 serving tortilla chips

Equipment

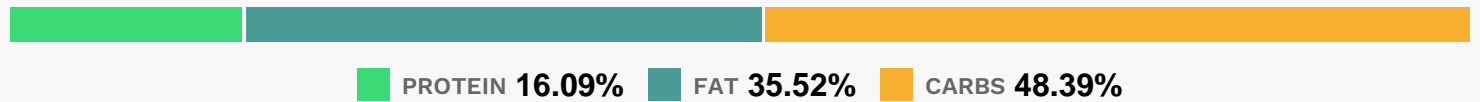
- bowl

oven

Directions

- Heat oven to 375°F. Spray 9-inch pie plate with cooking spray.
- In small bowl, mix refried beans, Cheddar cheese, salsa and 1 tablespoon taco seasoning mix.
- Spread in pie plate.
- Sprinkle with queso fresco cheese.
- Bake uncovered 20 to 25 minutes or until bubbly and heated through.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:7.5100000993065%

Nutrients (% of daily need)

Calories: 181.49kcal (9.07%), Fat: 7.39g (11.37%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 15.62g (5.68%), Sugar: 6.44g (7.16%), Cholesterol: 19.44mg (6.48%), Sodium: 2380.97mg (103.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin A: 2406.36IU (48.13%), Fiber: 7.03g (28.11%), Calcium: 170.34mg (17.03%), Vitamin C: 10.28mg (12.46%), Iron: 2.16mg (12.03%), Phosphorus: 107.35mg (10.74%), Selenium: 5.78µg (8.26%), Zinc: 0.8mg (5.32%), Vitamin B2: 0.08mg (4.9%), Vitamin B12: 0.28µg (4.64%), Vitamin E: 0.46mg (3.04%), Magnesium: 11.03mg (2.76%), Vitamin B6: 0.05mg (2.52%), Potassium: 69.05mg (1.97%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.16mg (1.6%), Vitamin B1: 0.02mg (1.19%), Folate: 4.58µg (1.15%), Vitamin B3: 0.22mg (1.1%), Copper: 0.02mg (1.06%), Manganese: 0.02mg (1.04%)