

Clemons Family Bean Dip

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 ounce condensed cream of cheddar cheese soup canned
- 1 pound ground beef
- 12 ounce jalapeno sliced
- 16 ounce picante sauce
- 0.5 pound processed cheese food cubed
- 16 ounce refried beans canned

Equipment

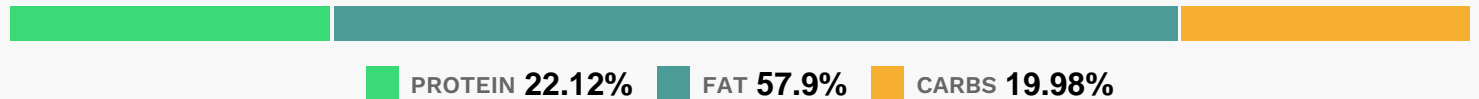
- frying pan

sauce pan

Directions

- Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain beef and place in a large, heavy saucepan with condensed cheese soup, refried beans, picante sauce, jalapeno peppers and processed cheese food. Cook on high until boiling, then reduce heat to low. Stirring constantly, cook until mixture is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:2.25, Inflammation Score:-7, Nutrition Score:17.007825924003%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 347.53kcal (17.38%), Fat: 22.19g (34.14%), Saturated Fat: 10.15g (63.43%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.33g (4.48%), Sugar: 6.6g (7.33%), Cholesterol: 70.17mg (23.39%), Sodium: 1415.21mg (61.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Vitamin C: 51.51mg (62.44%), Calcium: 358.62mg (35.86%), Phosphorus: 300.5mg (30.05%), Vitamin B12: 1.64µg (27.31%), Vitamin A: 1202.62IU (24.05%), Vitamin B6: 0.48mg (23.82%), Zinc: 3.25mg (21.66%), Selenium: 14.91µg (21.3%), Fiber: 4.9g (19.62%), Vitamin B3: 3.6mg (17.99%), Vitamin E: 2.67mg (17.82%), Potassium: 618.44mg (17.67%), Iron: 2.13mg (11.85%), Vitamin B2: 0.2mg (11.66%), Vitamin K: 12.01µg (11.43%), Magnesium: 31.89mg (7.97%), Vitamin B5: 0.65mg (6.47%), Manganese: 0.12mg (6.13%), Copper: 0.1mg (5.2%), Folate: 19.99µg (5%), Vitamin B1: 0.07mg (4.37%), Vitamin D: 0.23µg (1.51%)