



Easy-Five Mexican Dip

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



22

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 4 oz philadelphia cream cheese cubed ()
- 0.5 tsp ground cumin
- 1 tomatoes chopped
- 22 servings tortilla chips
- 8 oz velveeta cut into 1/2-inch cubes
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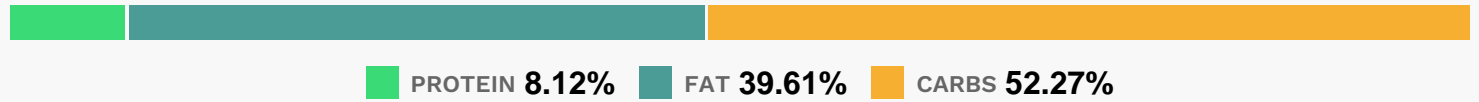
Equipment

- bowl
- microwave

Directions

- Combine first 4 ingredients in medium microwaveable bowl.
- Microwave on HIGH 4 min. or until VELVEETA and cream cheese are completely melted and mixture is well blended, stirring every 2 min.
- Stir in tomatoes.
- Serve warm with tortilla chips

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:4.0217391537583%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.97kcal (8.45%), Fat: 7.65g (11.76%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 19.79g (7.2%), Sugar: 0.56g (0.62%), Cholesterol: 5.21mg (1.74%), Sodium: 182.61mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Fiber: 2.92g (11.67%), Phosphorus: 90.96mg (9.1%), Magnesium: 31.53mg (7.88%), Vitamin E: 1.06mg (7.1%), Vitamin K: 6.4µg (6.1%), Iron: 0.84mg (4.69%), Vitamin B1: 0.07mg (4.65%), Calcium: 42.43mg (4.24%), Folate: 16.46µg (4.11%), Vitamin B5: 0.4mg (4.02%), Potassium: 131.36mg (3.75%), Zinc: 0.53mg (3.52%), Copper: 0.07mg (3.44%), Vitamin B6: 0.07mg (3.42%), Vitamin B2: 0.06mg (3.29%), Selenium: 1.93µg (2.76%), Manganese: 0.05mg (2.67%), Vitamin A: 117.99IU (2.36%), Vitamin B3: 0.39mg (1.97%), Vitamin C: 1.29mg (1.57%)