



HEALTH SCORE

75%

Festive Bean Spread



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2791 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 bunch green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 16 ounce refried beans canned
- ☐ 1 cup salsa
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 pint cup heavy whipping cream sour

- ☐ 1.3 ounce taco seasoning
- ☐ 2 tomatoes chopped

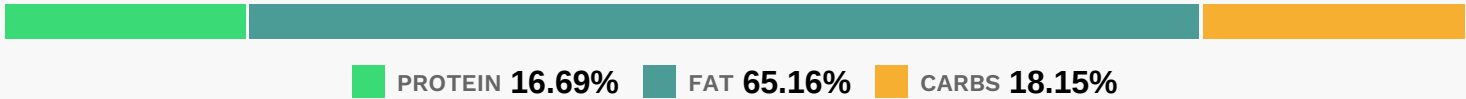
Equipment

- ☐ plastic wrap

Directions

- ☐ First (bottom) layer: mix together beans, salsa, cumin, and garlic powder, and spread on large, flat serving dish as a thin layer, maybe 1/2 inch thick.
- ☐ Second (middle) layer: mix together sour cream and taco seasoning, and spread over bean layer.
- ☐ Third (top) layer: sprinkle the cheese on first, then top with chopped tomatoes and green onions.
- ☐ Cover with plastic wrap, and chill for about an hour.
- ☐ Serve cold with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:173, Glycemic Load:16.39, Inflammation Score:-10, Nutrition Score:62.618261047032%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 2790.81kcal (139.54%), Fat: 204.36g (314.4%), Saturated Fat: 112.93g (705.82%), Carbohydrates: 128.09g (42.7%), Net Carbohydrates: 93.78g (34.1%), Sugar: 52.45g (58.28%), Cholesterol: 605.74mg (201.91%), Sodium: 9495.93mg (412.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 117.76g (235.51%), Calcium: 3202.88mg (320.29%), Vitamin A: 13344.05IU (266.88%), Phosphorus: 2063.72mg (206.37%), Selenium: 100.8µg (144%), Vitamin B2: 2.39mg (140.59%), Fiber: 34.31g (137.26%), Zinc: 14.42mg (96.12%), Vitamin K: 95.49µg (90.95%), Vitamin C: 63.53mg (77.01%), Vitamin B12: 4.33µg (72.12%), Iron: 11.5mg (63.91%), Potassium: 2230.73mg (63.74%),

Vitamin B6: 1.14mg (57.09%), Vitamin E: 8.5mg (56.64%), Magnesium: 218.18mg (54.55%), Folate: 159.76µg (39.94%), Manganese: 0.78mg (39.05%), Vitamin B5: 3.53mg (35.34%), Copper: 0.56mg (27.77%), Vitamin B3: 5.27mg (26.33%), Vitamin B1: 0.39mg (26.1%), Vitamin D: 2.03µg (13.56%)