



Slow-Cooker Nacho Bean Dip

READY IN



260 min.

SERVINGS



72

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz refried beans traditional canned
- 30 oz black beans rinsed drained canned
- 4 oz chilis green undrained chopped canned
- 1 oz beef broth 25%
- 4 oz bread crumbs cut into cubes
- 4 oz cheddar cheese shredded finely
- 1 serving tortilla chips

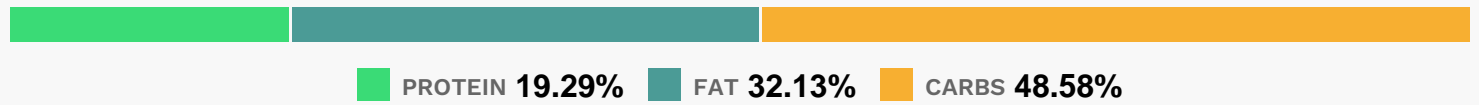
Equipment

- spatula
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients except shredded cheese and corn chips.
- Cover and cook on Low heat setting 3 to 4 hours, stirring after 2 hours, until cheese is melted.
- Scrape down side of slow cooker with rubber spatula to help prevent edge of dip from scorching.
- Sprinkle with shredded cheese.
- Serve with tortilla chips. Dip will hold on Low heat setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:0.54, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.1139130422279%

Nutrients (% of daily need)

Calories: 31.59kcal (1.58%), Fat: 1.12g (1.73%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.67g (0.74%), Cholesterol: 1.5mg (0.5%), Sodium: 105.24mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Fiber: 1.18g (4.73%), Folate: 9.3µg (2.32%), Phosphorus: 21.29mg (2.13%), Iron: 0.35mg (1.95%), Calcium: 17.57mg (1.76%), Manganese: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.32%), Magnesium: 5.19mg (1.3%), Potassium: 44.41mg (1.27%), Vitamin B2: 0.02mg (1.26%), Copper: 0.02mg (1.17%), Vitamin C: 0.86mg (1.04%)