



Hot Bean-and-Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced divided drained canned
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 16 ounce refried beans fat-free canned
- ☐ 0.3 teaspoon salt

☐

3 ounces sharp cheddar cheese shredded

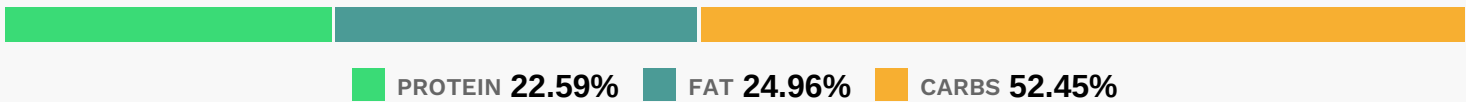
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1 cup tomatoes and the next 7 ingredients (1 cup tomatoes through chiles). Spoon tomato mixture into a 1 1/2-quart casserole dish coated with cooking spray. Top with cheese.
- ☐ Bake at 350 for 20 minutes or until cheese is melted. Top with remaining tomatoes.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:5.29, Inflammation Score:-4, Nutrition Score:7.8856521818949%

Nutrients (% of daily need)

Calories: 148.08kcal (7.4%), Fat: 4.14g (6.36%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 13.29g (4.83%), Sugar: 4.3g (4.78%), Cholesterol: 10.63mg (3.54%), Sodium: 758.03mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.85%), Fiber: 6.27g (25.08%), Calcium: 145.38mg (14.54%), Manganese: 0.28mg (14.05%), Vitamin C: 10.77mg (13.06%), Iron: 2.31mg (12.82%), Phosphorus: 119.48mg (11.95%), Potassium: 335.53mg (9.59%), Copper: 0.19mg (9.52%), Magnesium: 32.91mg (8.23%), Folate: 31.3µg (7.83%), Vitamin B6: 0.15mg (7.34%), Vitamin E: 1.06mg (7.06%), Zinc: 0.87mg (5.77%), Vitamin A: 286.41IU (5.73%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.07mg (4.89%), Selenium: 3.37µg (4.82%), Vitamin B3: 0.89mg (4.46%), Vitamin K: 4.57µg (4.35%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.11µg (1.88%)