



Hot Cheesy Bean Dip



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cheese grated ()
- ☐ 4 ounces cream cheese room temperature ()
- ☐ 4 ounce chilies diced green drained canned ()
- ☐ 0.5 cup green onions sliced ()
- ☐ 1 batch refried beans
- ☐ 0.7 cup salsa drained (extra liquid)
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 batch taco seasoning

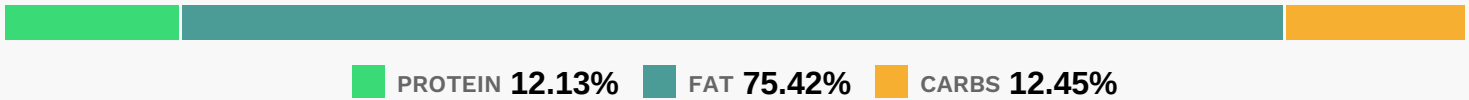
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything, place in a baking dish and bake in a preheated 350F oven until it is bubbling on the sides and golden brown on top, about 45–60 minutes.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:13.895652102387%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 356.88kcal (17.84%), Fat: 30.74g (47.3%), Saturated Fat: 16.98g (106.14%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 9.83g (3.58%), Sugar: 6.62g (7.35%), Cholesterol: 90.81mg (30.27%), Sodium: 602.02mg (26.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Vitamin C: 44.54mg (53.99%), Vitamin A: 1648.2IU (32.96%), Vitamin K: 33.8µg (32.19%), Calcium: 310.49mg (31.05%), Phosphorus: 234.1mg (23.41%), Vitamin B2: 0.33mg (19.68%), Selenium: 13.17µg (18.81%), Vitamin B6: 0.29mg (14.31%), Potassium: 368.63mg (10.53%), Zinc: 1.58mg (10.52%), Vitamin E: 1.47mg (9.78%), Vitamin B12: 0.48µg (8.04%), Magnesium: 31.45mg (7.86%), Folate: 28.19µg (7.05%), Manganese: 0.13mg (6.71%), Fiber: 1.59g (6.35%), Vitamin B5: 0.63mg (6.25%), Vitamin B3: 1mg (4.99%), Copper: 0.1mg (4.99%), Vitamin B1: 0.07mg (4.58%), Iron: 0.79mg (4.42%), Vitamin D: 0.17µg (1.13%)