

Hot Mexican Bean Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce carton cream sour
- ☐ 8 ounce cream cheese
- ☐ 1 jalapeno diced to taste
- ☐ 30 ounce refried beans canned
- ☐ 2 cups mexican cheese blend shredded
- ☐ 1.3 ounce taco seasoning dry

Equipment

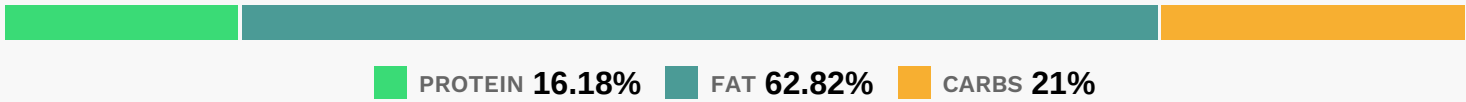
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix cream cheese, sour cream, refried beans, and taco seasoning in a bowl. Fold jalapeno pepper into the dip; spread into a 9x13-inch baking dish.
- ☐ Bake in preheated oven for 30 minutes. Top with shredded cheese and continue cooking until the cheese has melted, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:5.7991304449413%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 268.53kcal (13.43%), Fat: 18.59g (28.6%), Saturated Fat: 10.68g (66.76%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 9.71g (3.53%), Sugar: 4.75g (5.28%), Cholesterol: 57.57mg (19.19%), Sodium: 989.19mg (43.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Calcium: 220.76mg (22.08%), Vitamin A: 1011.61IU (20.23%), Fiber: 4.28g (17.11%), Phosphorus: 139.98mg (14%), Vitamin B2: 0.16mg (9.56%), Selenium: 6.16µg (8.79%), Iron: 1.18mg (6.56%), Vitamin B12: 0.37µg (6.22%), Zinc: 0.86mg (5.76%), Vitamin C: 3.46mg (4.19%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.39mg (2.58%), Magnesium: 10.12mg (2.53%), Potassium: 80.8mg (2.31%), Vitamin B6: 0.04mg (2.08%), Folate: 6.69µg (1.67%), Vitamin K: 1.64µg (1.56%), Vitamin B1: 0.02mg (1.03%)