



Layered Bean Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 ounces cheddar cheese reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 16 ounce refried beans fat-free canned
- ☐ 1 cup bottled salsa

Equipment

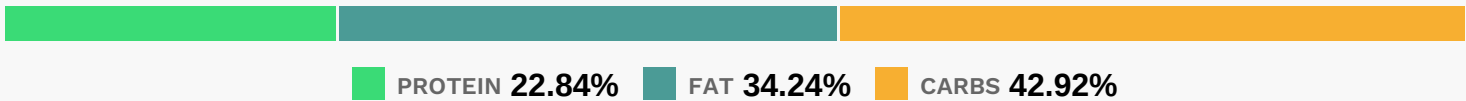
- ☐ baking sheet
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine beans; spread in an 8-inch square baking dish.
- ☐ Spread sour cream over beans; top with salsa and cheese. Cover; bake at 375 for 20 minutes. Uncover; bake 10 minutes or until bubbly.
- ☐ Garnish with cilantro, if desired.
- ☐ Note: To make pita chips, cut 5 (6-inch) onion-flavored or regular pitas into 8 wedges each. Arrange on a baking sheet coated with cooking spray. Lightly coat tops of wedges with cooking spray, sprinkle with 1/2 teaspoon garlic powder and 1/4 teaspoon salt.
- ☐ Bake at 375 for 8 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:7.2560870751091%

Nutrients (% of daily need)

Calories: 173.17kcal (8.66%), Fat: 6.56g (10.09%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 11.87g (4.31%), Sugar: 2.73g (3.04%), Cholesterol: 19.21mg (6.4%), Sodium: 847.97mg (36.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.69%), Fiber: 6.63g (26.54%), Calcium: 166.9mg (16.69%), Phosphorus: 142.93mg (14.29%), Folate: 38.28µg (9.57%), Iron: 1.69mg (9.39%), Vitamin B2: 0.15mg (9.06%), Potassium: 288.96mg (8.26%), Manganese: 0.16mg (8.1%), Vitamin A: 394.37IU (7.89%), Selenium: 5.44µg (7.77%), Magnesium: 28.74mg (7.19%), Copper: 0.13mg (6.51%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.94mg (6.29%), Vitamin B6: 0.1mg (4.95%), Vitamin E: 0.55mg (3.64%), Vitamin B3: 0.71mg (3.55%), Vitamin B12: 0.21µg (3.51%), Vitamin C: 2.18mg (2.64%), Vitamin B5: 0.22mg (2.22%), Vitamin K: 1.78µg (1.69%)