



Layered Chili, Cheese, and Roasted-Corn Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces baked tortilla chips
- ☐ 2 cups basmati long-grain cooked
- ☐ 0.1 teaspoon pepper black
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 32 ounce pinto beans divided rinsed drained canned
- ☐ 11 ounce no-salt-added whole-kernel corn drained canned
- ☐ 8 ounce block cream cheese fat-free
- ☐ 0.5 cup cilantro leaves fresh minced

- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 cup bottled salsa
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine 2 cups beans, cumin, hot sauce, black pepper, and cream cheese in a food processor; process until smooth.
- ☐ Place bean mixture in a medium bowl; stir in remaining beans. Set aside.
- ☐ Place a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn and garlic, and saut for 3 minutes or until lightly browned.
- ☐ Remove from heat, and stir in rice, cilantro, and chiles.
- ☐ Spread half of the bean mixture in the bottom of a shallow 2-quart baking dish coated with cooking spray.
- ☐ Spread half of salsa over bean mixture.
- ☐ Spread rice mixture over salsa. Top with the remaining salsa and bean mixture, and sprinkle with the cheese. Cover and bake at 375 for 30 minutes or until thoroughly heated.
- ☐ Serve with chips.

Nutrition Facts



 **PROTEIN 16.01%**  **FAT 10.95%**  **CARBS 73.04%**

Properties

Glycemic Index:14.51, Glycemic Load:13.89, Inflammation Score:-4, Nutrition Score:8.749565285833%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 239.47kcal (11.97%), Fat: 2.93g (4.51%), Saturated Fat: 1.06g (6.59%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 39.53g (14.37%), Sugar: 2.98g (3.32%), Cholesterol: 5.24mg (1.75%), Sodium: 515.45mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.31%), Manganese: 0.49mg (24.39%), Phosphorus: 230.4mg (23.04%), Fiber: 4.51g (18.04%), Calcium: 140.14mg (14.01%), Magnesium: 48.09mg (12.02%), Selenium: 7.76µg (11.09%), Potassium: 345.96mg (9.88%), Copper: 0.18mg (9.23%), Folate: 35.93µg (8.98%), Iron: 1.56mg (8.69%), Vitamin B6: 0.17mg (8.31%), Vitamin B2: 0.14mg (8.22%), Zinc: 1.19mg (7.92%), Vitamin B1: 0.1mg (6.58%), Vitamin B5: 0.56mg (5.59%), Vitamin B3: 1.05mg (5.27%), Vitamin C: 4.08mg (4.94%), Vitamin E: 0.72mg (4.79%), Vitamin A: 189.33IU (3.79%), Vitamin K: 3.62µg (3.45%), Vitamin B12: 0.17µg (2.87%)