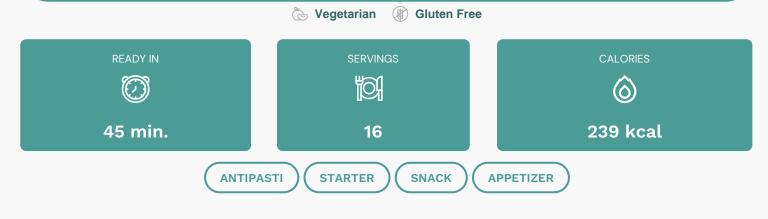


Layered Chili, Cheese, and Roasted-Corn Dip



Ingredients

8	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
<u> </u>	I1 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

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: Og (100%), Alcohol %: O% (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%)