

Mexican Bean Dip

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 15 ounce vegetarian chili with beans canned
- ☐ 8 ounce block
- ☐ 4 ounces monterrey jack cheese shredded with jalapeño peppers, divided
- ☐ 0.5 cup onion chopped

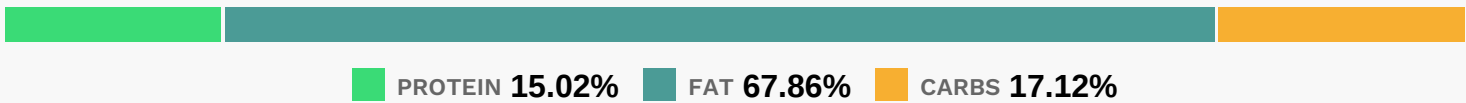
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Spread the cream cheese evenly over bottom of a 9-inch pie plate.
- ☐ Combine 1/2 cup Monterey Jack, onion, chili, and green chiles in a small bowl.
- ☐ Spread chili mixture over the cream cheese.
- ☐ Sprinkle with 1/2 cup Monterey Jack.
- ☐ Bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:1.8534782548314%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 54.74kcal (2.74%), Fat: 4.25g (6.55%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.55g (0.61%), Cholesterol: 12.57mg (4.19%), Sodium: 128.81mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Phosphorus: 44.95mg (4.49%), Calcium: 41.57mg (4.16%), Vitamin A: 172.29IU (3.45%), Iron: 0.55mg (3.04%), Fiber: 0.69g (2.78%), Zinc: 0.42mg (2.77%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.77mg (2.15%), Magnesium: 7.98mg (2%), Potassium: 68.88mg (1.97%), Selenium: 1.32µg (1.89%), Folate: 6.96µg (1.74%), Vitamin B6: 0.03mg (1.6%), Manganese: 0.02mg (1.11%)