



Party Bean Dip with Baked Tortilla Chips

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olives black chopped
- ☐ 0.7 cup corn kernels frozen thawed
- ☐ 6 8-inch flour tortilla ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon paprika

- ☐ 16 ounce refried beans organic canned (such as Amy's or Eden)
- ☐ 1 cup salsa organic (such as Muir Glen)
- ☐ 3 ounces cheddar cheese
- ☐ 6 ounces cream light sour

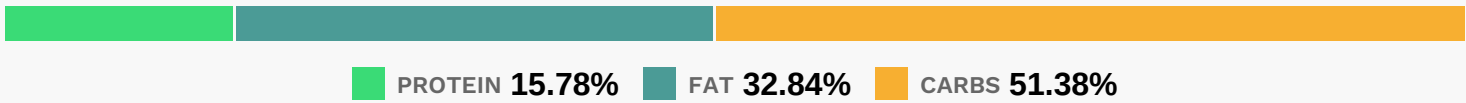
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut each tortilla into 8 wedges, and arrange wedges in single layers on 2 baking sheets. Lightly spray wedges with cooking spray; sprinkle with paprika.
- ☐ Bake at 350 for 15 minutes or until lightly browned and crisp. Cool.
- ☐ Combine juice, cumin, and beans in a medium bowl, stirring until well combined.
- ☐ Spread mixture evenly into an 11 x 7inch baking dish coated with cooking spray.
- ☐ Spread salsa evenly over beans.
- ☐ Combine corn, onions, and olives; spoon corn mixture evenly over salsa.
- ☐ Sprinkle cheese over corn mixture.
- ☐ Bake at 350 for 20 minutes or until bubbly.
- ☐ Let stand 10 minutes. Top with sour cream; sprinkle with cilantro.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:4.99, Inflammation Score:-4, Nutrition Score:5.9256522629572%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 163.76kcal (8.19%), Fat: 5.95g (9.15%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 17.75g (6.45%), Sugar: 3.32g (3.69%), Cholesterol: 11.69mg (3.9%), Sodium: 642mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Fiber: 3.19g (12.77%), Calcium: 126.06mg (12.61%), Selenium: 7.47µg (10.68%), Phosphorus: 106.41mg (10.64%), Vitamin B1: 0.15mg (9.93%), Iron: 1.55mg (8.59%), Manganese: 0.17mg (8.51%), Folate: 32.24µg (8.06%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.51mg (7.54%), Vitamin K: 7.61µg (7.25%), Vitamin A: 305.7IU (6.11%), Potassium: 146.9mg (4.2%), Magnesium: 14.33mg (3.58%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.51mg (3.39%), Vitamin E: 0.43mg (2.84%), Copper: 0.05mg (2.63%), Vitamin B12: 0.15µg (2.45%), Vitamin C: 1.35mg (1.64%), Vitamin B5: 0.14mg (1.41%)