

Queso-Style Bean Dip

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans rinsed drained canned
- 10.8 ounce condensed cream of cheddar cheese soup canned
- 4 servings round buttery crackers assorted
- 2 tablespoons cilantro leaves fresh chopped
- 3 medium spring onion thinly sliced
- 1 cup salsa thick pace®

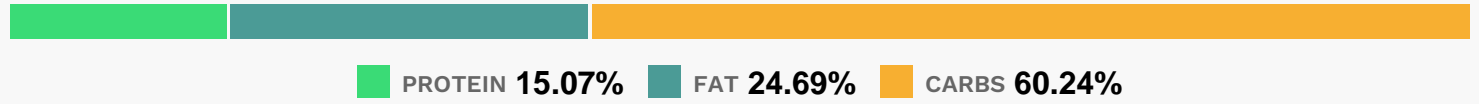
Equipment

- oven

Directions

- Mix the soup, salsa, cilantro, green onions and beans in a 1 1/2-quart casserole.
- Bake at 350 degrees F for 20 minutes or until hot.
- Serve with the crackers for dipping.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:13.443913086601%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 259.67kcal (12.98%), Fat: 7.24g (11.14%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 29.96g (10.89%), Sugar: 5.27g (5.85%), Cholesterol: 3.05mg (1.02%), Sodium: 1376.88mg (59.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Fiber: 9.78g (39.12%), Vitamin K: 34.64µg (32.99%), Potassium: 890.64mg (25.45%), Folate: 86.29µg (21.57%), Manganese: 0.43mg (21.32%), Phosphorus: 183.55mg (18.36%), Iron: 3.18mg (17.66%), Vitamin B1: 0.25mg (16.58%), Vitamin A: 748.95IU (14.98%), Copper: 0.28mg (13.8%), Magnesium: 52.3mg (13.08%), Vitamin B2: 0.2mg (11.77%), Calcium: 112.66mg (11.27%), Vitamin B3: 2.23mg (11.15%), Vitamin B6: 0.19mg (9.48%), Vitamin E: 1.42mg (9.46%), Vitamin C: 6.27mg (7.61%), Zinc: 0.85mg (5.64%), Selenium: 2.77µg (3.96%), Vitamin B5: 0.4mg (3.96%)