

Quick and Easy Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cheddar-monterey jack cheese blend shredded
- ☐ 16 ounce refried beans canned
- ☐ 8 ounce salsa
- ☐ 8 ounce cup heavy whipping cream sour

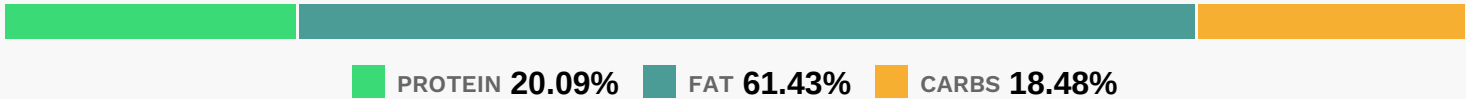
Equipment

- ☐ casserole dish

Directions

- ☐ Spread the refried beans on the bottom of a casserole dish.
- ☐ Layer the sour cream, salsa and shredded cheese into the casserole dish.
- ☐ Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:3.7491303993308%

Nutrients (% of daily need)

Calories: 138.48kcal (6.92%), Fat: 9.41g (14.48%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.44g (1.62%), Sugar: 2.4g (2.67%), Cholesterol: 27.91mg (9.3%), Sodium: 460.19mg (20.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Calcium: 177.35mg (17.74%), Phosphorus: 104.03mg (10.4%), Fiber: 1.93g (7.71%), Vitamin A: 384.67IU (7.69%), Vitamin B2: 0.11mg (6.54%), Selenium: 3.6µg (5.14%), Zinc: 0.67mg (4.43%), Vitamin B12: 0.2µg (3.27%), Iron: 0.57mg (3.16%), Vitamin B6: 0.06mg (2.79%), Potassium: 87.64mg (2.5%), Magnesium: 9.81mg (2.45%), Vitamin E: 0.35mg (2.34%), Vitamin K: 1.55µg (1.47%), Vitamin B5: 0.14mg (1.41%), Folate: 5.28µg (1.32%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.25mg (1.23%), Copper: 0.02mg (1.09%)