



## Quick-and-Zesty Refried Bean Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon hot sauce
- 1 tablespoon juice of lime fresh
- 0.3 cup onion red chopped
- 16 ounce refried beans fat-free canned
- 2 tablespoons salsa
- 1 ounce sharp cheddar cheese shredded

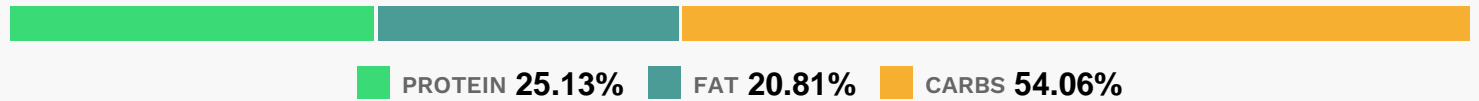
## Equipment

sauce pan

## Directions

- Combine first 5 ingredients in a small saucepan; cook over medium-low heat 5 minutes or until thoroughly heated.
- Add cilantro and cheese, stirring until cheese melts.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:1.95, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.19739130187942%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 7.03kcal (0.35%), Fat: 0.15g (0.24%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.23g (0.25%), Cholesterol: 0.44mg (0.15%), Sodium: 48.64mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Fiber: 0.32g (1.28%)