



## Red Bean and Rice Party Dip

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



60

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 2 tablespoons jalapeño peppers chopped
- ☐ 8 ounce zatarain's® beans and rice red
- ☐ 1 cup salsa
- ☐ 2 cups cheddar cheese shredded
- ☐ 3 cups water

### Equipment

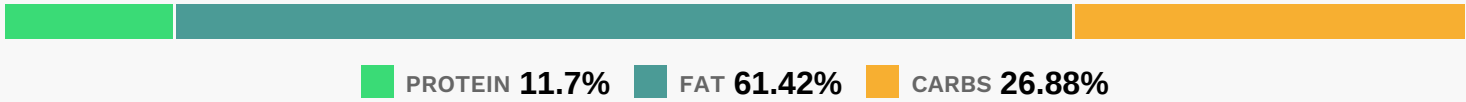
- ☐ food processor

- ☐ blender
- ☐ slow cooker

## Directions

- ☐ Prepare Rice
- ☐ Mix as directed on package, using 3 cups water instead of 3 1/4 cups.
- ☐ Reserve 1/4 to 1/2 cup of the shredded cheese to garnish dip, if desired. Stir remaining ingredients into rice mixture.
- ☐ Place mixture into food processor or blender; cover. Process or blend until smooth.
- ☐ Keep dip warm in a chaffing dish or slow cooker, if desired.

## Nutrition Facts



## Properties

Glycemic Index:2.45, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:1.3191304362339%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 57.03kcal (2.85%), Fat: 3.92g (6.03%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.49g (0.54%), Cholesterol: 11.4mg (3.8%), Sodium: 77.59mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Calcium: 36.65mg (3.67%), Selenium: 2.33µg (3.33%), Vitamin A: 165.46IU (3.31%), Phosphorus: 31.2mg (3.12%), Manganese: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.21%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%)