



Refried Bean Dip

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



24

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup green onions chopped (4 onions)
- 8 ounce cream cheese light softened
- 1 cup cup heavy whipping cream sour reduced-fat
- 32 ounce spicy refried beans fat-free canned
- 4 ounces preshredded mexican blend cheese reduced-fat
- 1 tablespoon taco seasoning
- 0.5 cup tomatoes chopped

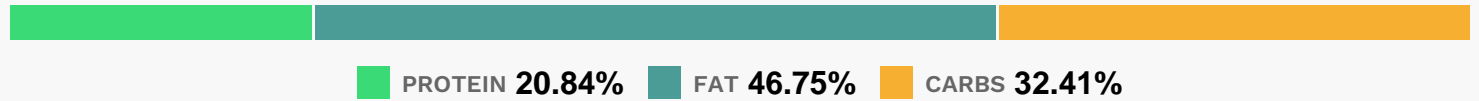
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350
- Combine sour cream and cream cheese in a large bowl, stirring until smooth. Stir in taco seasoning.
- Add beans, stirring until well blended. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 350 for 10 minutes; sprinkle with cheese, and bake an additional 10 minutes or until cheese melts and dip is bubbly. Top with tomato and green onions.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:2.1195652290531%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 75.69kcal (3.78%), Fat: 3.82g (5.87%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.72g (1.92%), Cholesterol: 12.95mg (4.32%), Sodium: 296.8mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Calcium: 72.92mg (7.29%), Fiber: 1.7g (6.79%), Vitamin K: 4.83µg (4.6%), Phosphorus: 43.38mg (4.34%), Vitamin A: 202.51IU (4.05%), Vitamin B12: 0.19µg (3.09%), Vitamin B2: 0.05mg (2.72%), Iron: 0.44mg (2.43%), Selenium: 1.4µg (1.99%), Potassium: 60.78mg (1.74%), Zinc: 0.26mg (1.72%), Folate: 5.26µg (1.32%), Vitamin C: 0.95mg (1.15%)