



Refried Beans Supreme

 Vegetarian  Gluten Free

READY IN



11 min.

SERVINGS



11

CALORIES



71 kcal

SIDE DISH

Ingredients

- 0.3 cup green onions chopped
- 16 oz taco bellâ® refried beans canned
- 1 cup cheddar cheese shredded divided kraft
- 0.5 cup tomatoes chopped

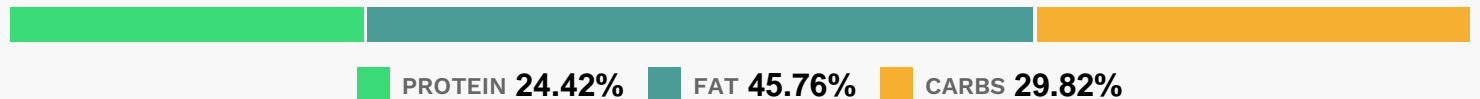
Equipment

- microwave

Directions

- Mix beans and 1/2 cup of the cheese in 1-quart microwavable dish; cover.
- Microwave on HIGH 3 to 4 minutes or until heated through; stir.
- Sprinkle with remaining 1/2 cup cheese. Microwave, uncovered, 1 to 2 minutes or until cheese is melted.
- Sprinkle with tomato and onions.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:2.3330434755139%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 71.49kcal (3.57%), Fat: 3.51g (5.4%), Saturated Fat: 1.98g (12.34%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.3g (1.44%), Cholesterol: 10.27mg (3.42%), Sodium: 304.99mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Calcium: 88.55mg (8.85%), Fiber: 1.87g (7.49%), Vitamin K: 5.49µg (5.22%), Phosphorus: 49.52mg (4.95%), Vitamin A: 216.23IU (4.32%), Selenium: 2.92µg (4.17%), Vitamin B2: 0.05mg (2.85%), Zinc: 0.4mg (2.65%), Iron: 0.44mg (2.44%), Vitamin B12: 0.11µg (1.81%), Vitamin C: 1.36mg (1.64%), Folate: 4.63µg (1.16%)