

What She Ate

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health-score 93%
HEALTH SCORE

Ruthann's Beefy Bean Dip

Gluten Free Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

1900 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 38 ounce kidney beans canned drained
- ☐ 3 bunches green onion diced
- ☐ 0.5 cup hot sauce
- ☐ 4 ounce jalapeno canned
- ☐ 1 pound ground beef lean
- ☐ 1 small onion
- ☐ 16 ounce refried beans canned
- ☐ 16 ounces cheddar cheese shredded

☐ 1 ounce taco seasoning

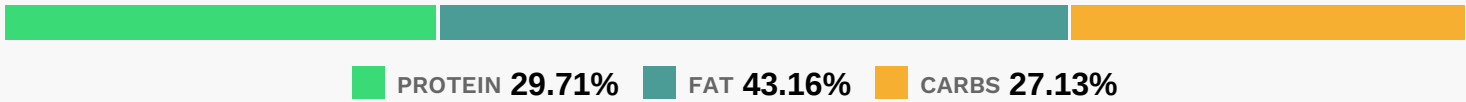
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, combine the kidney beans, refried beans, onion, ground beef, jalapenos, hot sauce and taco seasoning. Cook for 10 minutes or until beef is brown.
- ☐ Add the green onions and grated cheese just before serving.
- ☐ Serve hot with tortilla chips and sliced jalapenos if desired.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:35.99, Inflammation Score:-10, Nutrition Score:76.298696103303%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg

Nutrients (% of daily need)

Calories: 1899.5kcal (94.98%), Fat: 90.92g (139.88%), Saturated Fat: 49.15g (307.19%), Carbohydrates: 128.6g (42.87%), Net Carbohydrates: 84.57g (30.75%), Sugar: 24.46g (27.17%), Cholesterol: 367.41mg (122.47%), Sodium: 7054.21mg (306.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 140.84g (281.68%), Phosphorus: 2103.55mg (210.36%), Calcium: 1900.48mg (190.05%), Fiber: 44.04g (176.15%), Vitamin C: 132.17mg (160.21%), Selenium: 110.19µg (157.41%), Zinc: 23.55mg (157.01%), Vitamin B12: 7.48µg (124.74%), Vitamin K: 114.8µg (109.33%), Vitamin B2: 1.85mg (109.02%), Vitamin A: 4858.51IU (97.17%), Vitamin B6: 1.87mg (93.61%), Iron: 16.53mg (91.82%), Manganese: 1.8mg (90%), Vitamin B3: 16.35mg (81.73%), Potassium: 2737.29mg (78.21%), Magnesium: 294.93mg (73.73%), Folate: 247.61µg (61.9%), Copper: 1.13mg (56.38%), Vitamin B1: 0.81mg (53.99%), Vitamin B5: 3.41mg (34.08%), Vitamin E: 4.75mg (31.67%), Vitamin D: 1.59µg (10.58%)