



Salsa-Bean Dip for Pizza Rolls

 Gluten Free

READY IN



10 min.

SERVINGS



32

CALORIES



24 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 16 oz refried beans traditional canned
- 0.3 cup salsa thick
- 0.3 cup cream sour
- 1 tablespoon juice of lime
- 0.5 teaspoon ground cumin
- 2 tablespoons cilantro leaves fresh chopped
- 32 pepperoni frozen

Equipment

bowl

Directions

In medium bowl, mix beans, salsa, sour cream, lime juice and cumin until well blended. Spoon into serving dish; sprinkle with cilantro.

Serve with hot pizza snacks.

Nutrition Facts



PROTEIN 18.27% **FAT 50.03%** **CARBS 31.7%**

Properties

Glycemic Index:3.25, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:0.55826086324194%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 23.96kcal (1.2%), Fat: 1.29g (1.98%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.5g (0.56%), Cholesterol: 3mg (1%), Sodium: 127.06mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Fiber: 0.64g (2.55%), Iron: 0.19mg (1.03%)