



Slow-Cooker Cheesy Bean Dip



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



56

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces mild cheddar cheese with jalapeño peppers, cut into cubes prepared
- ☐ 16 oz refried beans traditional canned
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 2 pounds tortilla chips
- ☐ 1 serving frangelico

Equipment

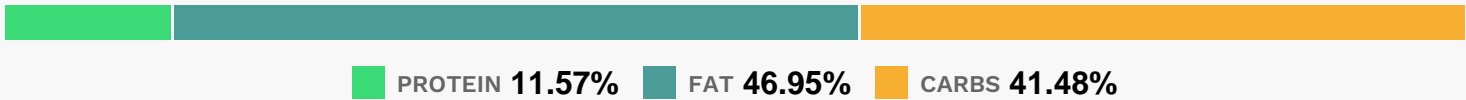
- ☐ bowl
- ☐ spatula

☐ slow cooker

Directions

- ☐ Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- ☐ Mix cheese, beans and chiles in cooker.
- ☐ Cover and cook on Low heat setting 2 to 3 hours or until cheese is melted. Stir until cheese is smooth.
- ☐ Scrape down side of cooker with rubber spatula to help prevent edge of dip from scorching.
- ☐ Serve with tortilla chips. Dip will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:1.18, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.544782622029%

Nutrients (% of daily need)

Calories: 115.36kcal (5.77%), Fat: 6.11g (9.4%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.9g (3.96%), Sugar: 0.36g (0.4%), Cholesterol: 8.1mg (2.7%), Sodium: 160.72mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Calcium: 77.84mg (7.78%), Phosphorus: 73.77mg (7.38%), Fiber: 1.25g (5%), Selenium: 3.01µg (4.3%), Vitamin E: 0.63mg (4.22%), Magnesium: 15.88mg (3.97%), Zinc: 0.52mg (3.48%), Vitamin K: 3.58µg (3.41%), Vitamin B2: 0.05mg (2.8%), Vitamin B5: 0.23mg (2.27%), Iron: 0.36mg (1.99%), Vitamin B6: 0.04mg (1.85%), Vitamin A: 90.92IU (1.82%), Vitamin B1: 0.03mg (1.68%), Vitamin B12: 0.09µg (1.43%), Folate: 4.74µg (1.18%), Potassium: 38.01mg (1.09%)