



## Slow-Cooker Chipotle-Black Bean Dip

 Vegetarian  Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



12

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz refried beans traditional canned
- 15 ounces black beans rinsed drained canned
- 11 ounces corn kernels whole green red drained canned
- 1 cup salsa thick
- 2 chipotles in adobo chopped (from 7-ounce can)
- 2 teaspoons chiles in adobo sauce
- 6 ounces processed cheese food shredded
- 0.3 cup spring onion chopped

9 ounces tortilla chips

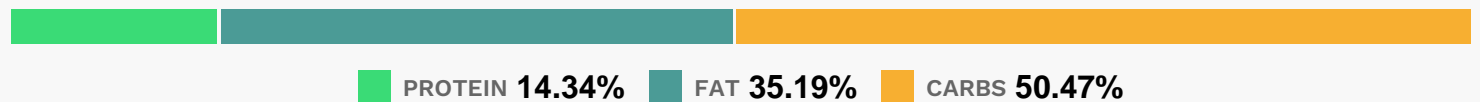
## Equipment

slow cooker

## Directions

- Mix refried beans, black beans, corn, salsa, chilies, adobo sauce and 1 cup of
- the cheese in 1 1/2- to 2-quart slow cooker.
- Cover and cook on Low heat setting 3 to 4 hours, stirring after 2 hours.
- Sprinkle with remaining 1/2 cup cheese and the onions.
- Serve with tortilla
- chips. Dip will hold on Low heat setting up to 2 hours; stir occasionally.

## Nutrition Facts



## Properties

Glycemic Index:8.17, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:8.2013043968574%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 238.81kcal (11.94%), Fat: 9.55g (14.69%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 24.4g (8.87%), Sugar: 3.64g (4.05%), Cholesterol: 14.17mg (4.72%), Sodium: 998.72mg (43.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Fiber: 6.41g (25.62%), Calcium: 204.91mg (20.49%), Phosphorus: 196.95mg (19.69%), Magnesium: 41.19mg (10.3%), Vitamin K: 10.1µg (9.62%), Iron: 1.7mg (9.47%), Folate: 37.19µg (9.3%), Vitamin E: 1.19mg (7.9%), Potassium: 264.06mg (7.54%), Manganese: 0.15mg (7.29%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.1mg (6.68%), Selenium: 4.65µg (6.64%), Zinc: 0.97mg (6.5%), Vitamin A: 305.8IU (6.12%), Copper: 0.12mg (5.99%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.51mg (5.12%), Vitamin B3: 0.93mg (4.63%), Vitamin B12: 0.21µg (3.54%), Vitamin C: 2.22mg (2.7%)