



South-of-the-Border Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce refried beans fat-free canned
- 0.5 cup salsa hot
- 1 ounce sharp cheddar cheese shredded reduced-fat

Equipment

- oven
- baking pan

Directions

- Combine beans and salsa; stir well. Spoon mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray. Cover and bake at 350 for 10 minutes. Uncover, sprinkle with cheese, and bake at 350 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:2.7021739528231%

Nutrients (% of daily need)

Calories: 91.45kcal (4.57%), Fat: 1.98g (3.04%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 7.44g (2.7%), Sugar: 3.28g (3.64%), Cholesterol: 5.67mg (1.89%), Sodium: 729.27mg (31.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Fiber: 4.28g (17.11%), Calcium: 77.3mg (7.73%), Iron: 0.93mg (5.19%), Vitamin A: 256.91IU (5.14%), Phosphorus: 34.29mg (3.43%), Selenium: 1.84µg (2.63%), Vitamin B6: 0.05mg (2.48%), Vitamin E: 0.36mg (2.4%), Potassium: 71.45mg (2.04%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.26mg (1.73%), Manganese: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.47%), Magnesium: 5.43mg (1.36%), Vitamin K: 1.23µg (1.17%)