



Spicy Layered Bean Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans rinsed drained canned
- 1.5 cups colby cheese shredded
- 4 ounce jalapeno diced canned
- 15 ounce refried beans canned
- 1 cup salsa
- 0.8 cup cream sour

Equipment

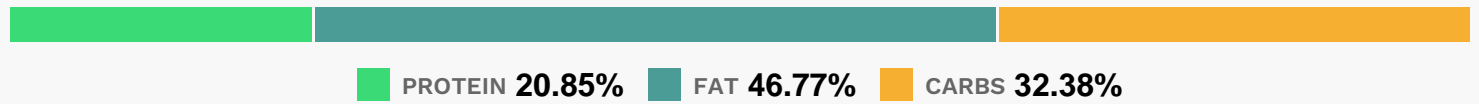
- oven

baking pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Combine refried beans and black beans in the bottom of baking dish. Top with sour cream, salsa, jalapenos, and cheese.
- Sprinkle with black olive slices, if desired.
- Cover dish, and bake in preheated oven for 15 minutes. Uncover, and bake until hot and bubbly, about 15 additional minutes.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:10.149565292441%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 237.73kcal (11.89%), Fat: 12.4g (19.07%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 12.42g (4.52%), Sugar: 4.02g (4.46%), Cholesterol: 36.23mg (12.08%), Sodium: 879.56mg (38.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Fiber: 6.88g (27.53%), Calcium: 238.26mg (23.83%), Vitamin C: 19.06mg (23.1%), Phosphorus: 200.99mg (20.1%), Vitamin A: 735.4IU (14.71%), Vitamin B2: 0.21mg (12.54%), Folate: 43.3µg (10.83%), Iron: 1.86mg (10.35%), Potassium: 341.11mg (9.75%), Manganese: 0.18mg (8.98%), Vitamin B6: 0.17mg (8.71%), Magnesium: 34.2mg (8.55%), Zinc: 1.2mg (8.02%), Selenium: 5.43µg (7.75%), Copper: 0.14mg (7.2%), Vitamin E: 1.06mg (7.03%), Vitamin B1: 0.1mg (6.63%), Vitamin K: 4.98µg (4.74%), Vitamin B3: 0.92mg (4.59%), Vitamin B12: 0.25µg (4.18%), Vitamin B5: 0.33mg (3.33%)