



## Spicy Mexican Cheese Dip with Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



36

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15.5 oz black beans rinsed canned
- 11 oz regular corn with red and green bell peppers, drained canned
- 1 cup taco bellâ® & chunky salsa thick
- 16 oz velveetaâ cut into 1/2-inch cubes
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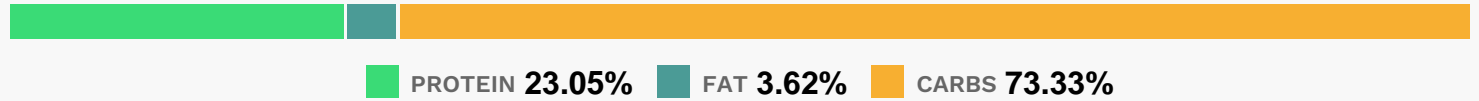
### Equipment

- bowl
- microwave

## Directions

- Combine ingredients in microwaveable bowl.
- Microwave on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

## Nutrition Facts



## Properties

Glycemic Index:0.28, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6300000146679%

## Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 14.93kcal (0.75%), Fat: 0.06g (0.1%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 94.51mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin C: 7.43mg (9.01%), Fiber: 1.12g (4.48%), Manganese: 0.05mg (2.36%), Folate: 8.6µg (2.15%), Potassium: 71.39mg (2.04%), Vitamin B6: 0.04mg (1.94%), Phosphorus: 17.23mg (1.72%), Copper: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.64%), Iron: 0.29mg (1.62%), Magnesium: 6.22mg (1.56%), Vitamin A: 67.21IU (1.34%), Vitamin B2: 0.02mg (1.14%)