



TACO BELLÂ® Cheesy Bean Dip

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



28

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp green onion
- 1 cup cheddar jack cheese shredded mexican style divided kraft finely
- 16 oz taco bellâ® refried beans canned
- 0.5 cup taco bellâ® & chunky salsa thick

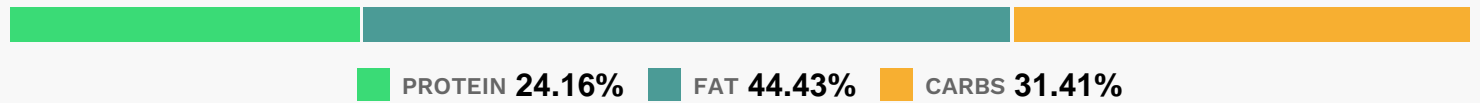
Equipment

- microwave

Directions

- Mix beans, salsa and 1/2 cup of the cheese.
- Spread into 9-inch microwavable pie plate; top with remaining 1/2 cup cheese.
- Microwave on HIGH 3 to 4 minutes or until dip is heated through and cheese is melted.
- Sprinkle with onions.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:0.91608695037987%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 28.8kcal (1.44%), Fat: 1.38g (2.13%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.61g (0.67%), Cholesterol: 4.04mg (1.35%), Sodium: 150.07mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Calcium: 35.49mg (3.55%), Fiber: 0.78g (3.1%), Phosphorus: 20.13mg (2.01%), Selenium: 1.19µg (1.69%), Vitamin A: 80.44IU (1.61%), Vitamin B2: 0.02mg (1.15%), Vitamin K: 1.18µg (1.12%), Zinc: 0.16mg (1.06%)