



## TACO BELLÂ® Easy Cheesy Bean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 green onion sliced
- 0.5 cup taco bellâ® hot sauce
- 1 cup cheddar jack cheese shredded mexican style divided kraft finely
- 16 oz taco bellâ® refried beans canned

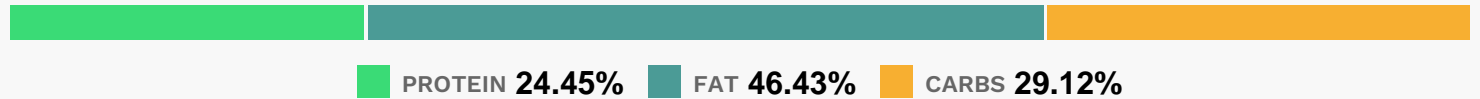
### Equipment

- microwave

## Directions

- Combine beans, sauce and 1/2 cup cheese.
- Spread onto bottom of 9-inch microwavable pie plate sprayed with cooking spray; top with remaining cheese.
- Microwave on HIGH 3 to 4 min. or until dip is heated through and cheese is melted.
- Sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:9.8, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:2.7804347658935%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 78.2kcal (3.91%), Fat: 3.89g (5.98%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 3.51g (1.28%), Sugar: 1.35g (1.5%), Cholesterol: 11.3mg (3.77%), Sodium: 652.07mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin C: 9.2mg (11.15%), Calcium: 96.68mg (9.67%), Fiber: 1.97g (7.89%), Phosphorus: 53.52mg (5.35%), Selenium: 3.21µg (4.58%), Vitamin A: 182.28IU (3.65%), Vitamin B2: 0.06mg (3.57%), Vitamin K: 3.04µg (2.9%), Zinc: 0.43mg (2.88%), Iron: 0.5mg (2.79%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.03mg (1.37%)