



WHATSheATE



Tex-Mex Beef and Bean Dip



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bite-size baked tortilla chips such as tostitos scoops)
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoons chipotle chile powder
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 pound ground sirloin
- ☐ 3 ounces queso fresco crumbled

☐ 2 tablespoons no-salt-added tomato paste

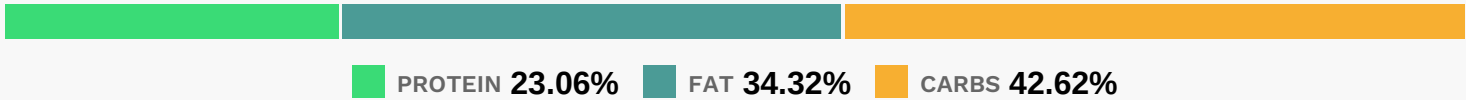
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain well; return beef to pan.
- ☐ Add tomato paste and next 4 ingredients (through diced tomatoes), and bring to a boil. Reduce heat, and simmer 5 minutes or until thick, stirring occasionally.
- ☐ Spoon meat mixture into a serving bowl; top with crumbled cheese and green onions.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:7.0199999653775%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 135.93kcal (6.8%), Fat: 5.28g (8.13%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 11.81g (4.29%), Sugar: 2.63g (2.92%), Cholesterol: 17.74mg (5.91%), Sodium: 257.55mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Phosphorus: 129.31mg (12.93%), Fiber: 2.95g (11.8%), Manganese: 0.19mg (9.69%), Zinc: 1.43mg (9.55%), Iron: 1.68mg (9.34%), Potassium: 317.37mg (9.07%), Vitamin B12: 0.53µg (8.82%), Calcium: 86.14mg (8.61%), Vitamin B6: 0.17mg (8.44%), Selenium: 5.83µg (8.33%), Magnesium: 32.52mg (8.13%), Copper: 0.16mg (7.77%), Vitamin B3: 1.52mg (7.61%), Vitamin K: 7.51µg (7.16%), Vitamin E: 0.91mg (6.07%), Vitamin C: 4.4mg (5.33%), Vitamin B2: 0.09mg (5.32%), Vitamin B1: 0.07mg (4.94%), Folate: 17.39µg (4.35%), Vitamin A: 201.17IU (4.02%), Vitamin B5: 0.28mg (2.78%), Vitamin D: 0.21µg (1.4%)