



VELVEETA Cheesy Bean Dip

 Vegetarian  Gluten Free

READY IN



11 min.

SERVINGS



26

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz mexican velveeta®
- 16 oz taco bell® refried beans canned
- 0.5 cup taco bell® & chunky salsa thick

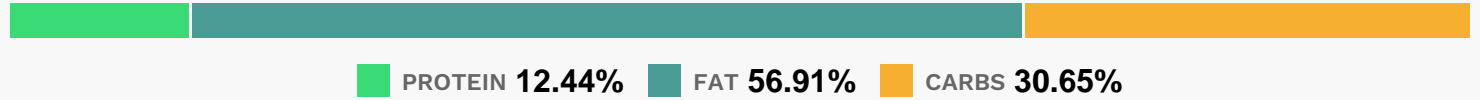
Equipment

- bowl
- microwave

Directions

- Mix all ingredients in microwavable bowl.
- Microwave on HIGH 5 to 6 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.
- Serve with assorted cut-up fresh vegetables or tortilla chips.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:0.57521738565486%

Nutrients (% of daily need)

Calories: 44.19kcal (2.21%), Fat: 2.74g (4.21%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.17g (1.3%), Cholesterol: 9.25mg (3.08%), Sodium: 205.17mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Calcium: 35.07mg (3.51%), Fiber: 0.82g (3.29%), Vitamin A: 116.99IU (2.34%)