



Warm Cheesy Bean Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



414 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce pinto beans canned (do not drain)
- 5 medium garlic clove finely chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons hot sauce such as cholula mexican-style
- 1 teaspoon kosher salt as needed plus more
- 3 cups sharp cheddar cheese shredded
- 10 servings tortilla chips for serving
- 0.3 cup vegetable oil

- 10 servings water as needed
- 1 cup onion white finely chopped

Equipment

- bowl
- frying pan
- oven
- sieve
- baking pan
- potato masher

Directions

- Heat the oven to broil and arrange a rack in the upper third.
- Place a strainer over a large bowl and drain the beans. Measure 1 1/4 cups of the bean liquid; set the liquid and beans aside. (If you don't have enough bean liquid, add water as needed.)
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the onion, garlic, measured salt, and cumin and cook, stirring occasionally, until the onion has softened, about 5 minutes.
- Add the beans, stir to combine, and mash with the back of a spoon or a potato masher until coarsely mashed. Cook, stirring constantly, until the bean starches coat the bottom of the pan and turn golden brown, about 2 to 4 minutes.
- Add the reserved bean liquid and cook, stirring and scraping the bottom of the pan, until combined and bubbling, about 2 minutes.
- Add 2 cups of the cheese, the jalapeños, and the hot sauce and stir until combined and the cheese has melted. Taste and season with salt as needed.
- Transfer to an 8-by-8-inch baking dish and sprinkle the remaining cup of cheese over the top in an even layer. Broil until the cheese has melted, about 2 to 3 minutes.
- Serve with tortilla chips.

Nutrition Facts



■ PROTEIN 13.38% ■ FAT 53.61% ■ CARBS 33.01%

Properties

Glycemic Index:13.4, Glycemic Load:4.74, Inflammation Score:-5, Nutrition Score:12.213043415028%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 413.75kcal (20.69%), Fat: 25.12g (38.65%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 29.06g (10.57%), Sugar: 1.93g (2.14%), Cholesterol: 33.9mg (11.3%), Sodium: 855.63mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Calcium: 324.1mg (32.41%), Phosphorus: 304.23mg (30.42%), Fiber: 5.75g (22.98%), Vitamin K: 21.97µg (20.93%), Magnesium: 65.58mg (16.4%), Manganese: 0.32mg (16.24%), Selenium: 11.12µg (15.89%), Vitamin E: 2.33mg (15.55%), Zinc: 2.18mg (14.56%), Copper: 0.23mg (11.32%), Vitamin B2: 0.19mg (11.24%), Iron: 1.87mg (10.4%), Potassium: 346.75mg (9.91%), Vitamin B6: 0.18mg (8.94%), Folate: 34.14µg (8.54%), Vitamin B1: 0.11mg (7.01%), Vitamin A: 346.45IU (6.93%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.36µg (5.99%), Vitamin C: 4.2mg (5.09%), Vitamin B3: 0.52mg (2.6%), Vitamin D: 0.2µg (1.36%)