



Zesty Beef and Bean Dip

 Gluten Free

READY IN



30 min.

SERVINGS



32

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz tomatoes diced with zesty mild green chillies, undrained canned
- ☐ 0.5 pound ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 16 oz refried beans canned
- ☐ 4 oz cheddar cheese shredded taco-flavored
- ☐ 8 oz tortilla chips green red

Equipment

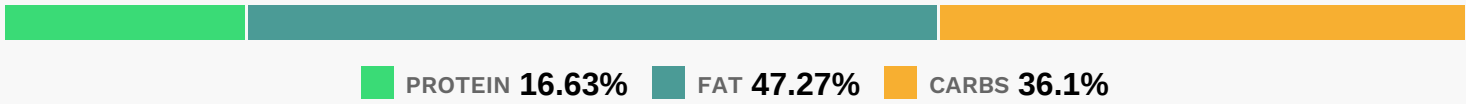
- ☐ frying pan

☐ slow cooker

Directions

- ☐ Spray 12-inch skillet with cooking spray; heat over medium heat. Cook beef and onion in skillet 8 to 10 minutes, stirring occasionally, until beef is brown; drain well.
- ☐ Stir in refried beans and tomatoes. Cook 3 to 4 minutes, stirring occasionally, until hot. Stir in 3/4 cup of the cheese.
- ☐ Spoon dip into serving dish or 1 1/2- to 2-quart slow cooker on Low heat setting. Dip will hold up to 2 hours in slow cooker. Top with remaining 1/4 cup of cheese.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:2.2091304582098%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 78.09kcal (3.9%), Fat: 4.11g (6.32%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.93g (2.16%), Sugar: 0.78g (0.87%), Cholesterol: 8.58mg (2.86%), Sodium: 151.1mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Phosphorus: 46.18mg (4.62%), Fiber: 1.13g (4.51%), Calcium: 42.79mg (4.28%), Zinc: 0.54mg (3.63%), Selenium: 2.4µg (3.42%), Vitamin B12: 0.19µg (3.15%), Iron: 0.51mg (2.81%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.39mg (2.62%), Magnesium: 9.65mg (2.41%), Vitamin B3: 0.45mg (2.27%), Vitamin B2: 0.04mg (2.26%), Vitamin K: 2.07µg (1.97%), Potassium: 60.74mg (1.74%), Vitamin C: 1.29mg (1.56%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.36%), Vitamin A: 62.54IU (1.25%), Copper: 0.02mg (1.09%)