



Bean Dip

Ingredients

2 cups refried beans

2 cups mild salsa

1 cup cheddar cheese,
grated

Makes 10 servings

Instructions

1. In a saucepan, slowly heat refried beans, gradually adding salsa.
2. Continue stirring until heated through.
3. Sprinkle grated cheese on top of bean and salsa mixture.

Note:

- Serve with baked tortilla chips, and or cut up vegetables.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 10

Amount Per Serving

Calories 80 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **22%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 6g

Vitamin A 8% • Vitamin C 15%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

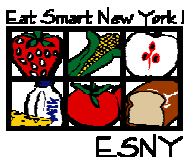
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

17% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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