

Chili Bean Dip

Yield 15 servings

Ingredients

1 can	pinto beans (16 ounce, or 2 cups cooked dried beans)
2 tablespoons	onion (chopped)
1 teaspoon	chili powder
1/2 cup	cheese (shredded)

Instructions

1. Mash beans in a bowl.
2. Add onion and chili powder and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

Cost

Per recipe: \$1.45

Per serving: \$0.10

Source

University of Wisconsin, Cooperative Extension Service, Healthy Snacks

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/15 of recipe (36g)
Servings Per Container 15

Amount Per Serving

Calories 40 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **4%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 2%

*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