

Kidney Bean Dip

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 4 cups

2 cans (14 ounce ea) kidney beans, drained

1/2 cup green onion, sliced

6 tablespoons salsa

2 teaspoons parsley flakes

1 teaspoon white vinegar

1 teaspoon chili powder

1/2 teaspoon onion powder

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

1/4 teaspoon garlic powder

TOP LAYER

1 cup medium Cheddar cheese, grated

1 cup Monterey Jack cheese, grated

1 teaspoon chili powder

Preheat the oven to 350 degrees.

For the Bottom Layer: In a medium bowl, mash the kidney beans with a fork.

Add the green onion, salsa, parsley, vinegar, chili powder, salt, cayenne and garlic powder. Mix well. Spread in an ungreased nine-inch pie plate or shallow casserole.

For the Top Layer: Layer the Cheddar cheese, Monterey Jack cheese and chili powder over the salsa mixture.

Bake, uncovered, for 30 minutes.

Per Serving (excluding unknown items): 1714 Calories; 38g Fat (19.7% calories from fat); 117g Protein; 236g Carbohydrate; 96g Dietary Fiber; 101mg Cholesterol; 2241mg Sodium. Exchanges: 15 Grain(Starch); 9 1/2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1714	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	19.7%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	53.6%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	26.7%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	38g	Folacin (mcg):	1524mcg
Saturated Fat (g):	22g	Niacin (mg):	9mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	101mg
Carbohydrate (g):	236g
Dietary Fiber (g):	96g
Protein (g):	117g
Sodium (mg):	2241mg
Potassium (mg):	5732mg
Calcium (mg):	1460mg
Iron (mg):	33mg
Zinc (mg):	14mg
Vitamin C (mg):	43mg
Vitamin A (i.u.):	3803IU
Vitamin A (r.e.):	595 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	15
Lean Meat:	9 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1714 **Calories from Fat:** 337

% Daily Values*

Total Fat 38g	59%
Saturated Fat 22g	111%
Cholesterol 101mg	34%
Sodium 2241mg	93%
Total Carbohydrates 236g	79%
Dietary Fiber 96g	385%
Protein 117g	
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Vitamin A	76%
Vitamin C	72%
Calcium	146%
Iron	186%

* Percent Daily Values are based on a 2000 calorie diet.