

Mama Sue's Taco Dip

*"Fruits of the Spirit" (2001) - Sue Karcher
Grapevine United Methodist Church - Port St. Lucie, FL*

*3 large cans refried beans
2 packages (8 ounce ea) cream cheese,
softened
1 large jar salsa (medium to hot)
1/2 cup jalapeno pepper slices,
drained
1 large tomato, diced
2 cups Cheddar cheese, shredded
2 tablespoons chili powder*

Preheat the oven to 350 degrees.

Spread the refried beans in the bottom of a 13x9x2-inch baking dish.

In a bowl, beat the cream cheese. Spread over the beans.

Pour the salsa over the cream cheese. Spread the jalapeno slices and tomato over the salsa. Top with the Cheddar and sprinkle with chili powder.

Bake for 20 to 30 minutes or until the cheese is melted.

Serve with taco chips.

Per Serving (excluding unknown items): 3418 Calories; 248g Fat (64.2% calories from fat); 142g Protein; 170g Carbohydrate; 47g Dietary Fiber; 747mg Cholesterol; 6159mg Sodium. Exchanges: 9 1/2 Grain(Starch); 13 Lean Meat; 1 Vegetable; 40 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3418	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	64.2%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	19.5%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	16.3%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	248g	Folacin (mcg):	770mcg
Saturated Fat (g):	153g	Niacin (mg):	6mg
Monounsaturated Fat (g):	71g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 10g
Cholesterol (mg): 747mg
Carbohydrate (g): 170g
Dietary Fiber (g): 47g
Protein (g): 142g
Sodium (mg): 6159mg
Potassium (mg): 4320mg
Calcium (mg): 2404mg
Iron (mg): 23mg
Zinc (mg): 20mg
Vitamin C (mg): 79mg
Vitamin A (i.u.): 15028IU
Vitamin A (r.e.): 3316 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 9 1/2
Lean Meat: 13
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 40
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3418 **Calories from Fat:** 2194

% Daily Values*

Total Fat 248g	381%
Saturated Fat 153g	767%
Cholesterol 747mg	249%
Sodium 6159mg	257%
Total Carbohydrates 170g	57%
Dietary Fiber 47g	187%
Protein 142g	
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Vitamin A	301%
Vitamin C	131%
Calcium	240%
Iron	129%

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