

Refried Bean Dip

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 1 1/2 cups

1 can (14 ounce) refried beans
1/4 cup sour cream
salt (to taste)
pepper (to taste)

In a food processor, combine the refried beans and sour cream. Mix until smooth, adding salt and pepper to taste.

Cover and keep at room temperature until ready to use.

Per Serving (excluding unknown items): 394 Calories; 15g Fat (33.2% calories from fat); 18g Protein; 49g Carbohydrate; 13g Dietary Fiber; 26mg Cholesterol; 1103mg Sodium. Exchanges: 3 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 394 |
| % Calories from Fat: | 33.2% |
| % Calories from Carbohydrates: | 49.2% |
| % Calories from Protein: | 17.6% |
| Total Fat (g): | 15g |
| Saturated Fat (g): | 9g |
| Monounsaturated Fat (g): | 5g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 26mg |
| Carbohydrate (g): | 49g |
| Dietary Fiber (g): | 13g |
| Protein (g): | 18g |
| Sodium (mg): | 1103mg |
| Potassium (mg): | 1077mg |
| Calcium (mg): | 183mg |
| Iron (mg): | 5mg |
| Zinc (mg): | 4mg |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .3mg |
| Vitamin B12 (mcg): | .2mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 217mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refused: | n n% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 3 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 2 1/2 |
| Other Carbohydrates: | 0 |

