

# Southwest Dip

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## Servings: 12

*1 can (16 ounce) refried beans*  
*1/2 teaspoon chili powder*  
*2 avocados, peeled and mashed*  
*1/2 cup Miracle Whip®*  
*1/2 cup green onions, chopped and divided*  
*1/4 teaspoon salt*  
*few drops hot pepper sauce*  
*3 tomatoes, seeded and chopped*  
*1 can (4 ounce) chopped green chilies, undrained*  
*1/4 cup cilantro, chopped*  
*1 cup (4 ounce) Monterey Jack cheese, shredded*

## Preparation Time: 15 minutes

In a bowl, stir together the beans and chili powder until well blended.

In a bowl, mix together the avocados, Miracle Whip, 1/4 cup of the onions, salt and hot sauce until well blended.

In a bowl, mix together 1/4 cup of the onions, tomatoes, chilies and cilantro.

In a 12x8-inch baking dish or large serving platter, layer the bean mixture, avocado mixture and tomato mixture. Sprinkle with cheese.

Serve with tortilla chips.

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Per Serving (excluding unknown items): 168 Calories; 13g Fat (66.7% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 257mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	168	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	66.7%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	22.4%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	10.8%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	13g	<b>Folacin (mcg):</b>	47mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0

<b>Cholesterol (mg):</b>	12mg
<b>Carbohydrate (g):</b>	10g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	257mg
<b>Potassium (mg):</b>	399mg
<b>Calcium (mg):</b>	96mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	14mg
<b>Vitamin A (i.u.):</b>	654IU
<b>Vitamin A (r.e.):</b>	83RE

**% Daily Value\*** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 168 Calories from Fat: 112

### % Daily Values\*

<b>Total Fat</b> 13g	20%
Saturated Fat 3g	17%
<b>Cholesterol</b> 12mg	4%
<b>Sodium</b> 257mg	11%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 2g	10%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	13%
<b>Vitamin C</b>	23%
<b>Calcium</b>	10%
<b>Iron</b>	7%

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