

# Steve Young's Bean Dip (A.M.B. Dip)

Steve Young  
www.dashrecipes.com

2 cans (11 ounce ea) mexicorn (such as Green Giant)  
2 cans (15.5 ounce ea) black beans, rinsed and drained  
2 cans (15.5 ounce ea) kidney beans, rinsed and drained  
1 small bunch green onions (green parts only), chopped  
1 cup red wine vinegar (if desired, add up to one-half cup more, to taste)  
3/4 cup olive oil  
salt and pepper (to taste)  
6 tomatoes, diced  
2 avocados, diced

## Preparation Time: 15 minutes

In a large bowl, mix the corn, black beans, kidney beans and scallions.

Add the olive oil and red wine vinegar. Stir in gently.

Marinate in the refrigerator for at least four hours. (The longer that you marinate it, the better.)

When ready to serve: Add salt and pepper to taste. Top with freshly diced tomatoes and avocados.

Serve with lime tortilla chips.

Start to Finish Time: 4 hours 15 minutes

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Per Serving (excluding unknown items): 4783 Calories; 235g Fat (42.6% calories from fat); 185g Protein; 527g Carbohydrate; 169g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 30 1/2 Grain(Starch); 10 1/2 Lean Meat; 6 1/2 Vegetable; 1 1/2 Fruit; 44 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	4783	Vitamin B6 (mg):	4.2mg
% Calories from Fat:	42.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	42.5%	Thiamin B1 (mg):	6.3mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	235g	Folacin (mcg):	3534mcg
Saturated Fat (g):	34g	Niacin (mg):	27mg
Monounsaturated Fat (g):	159g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	26g
Cholesterol (mg):	0mg
Carbohydrate (g):	527g
Dietary Fiber (g):	169g
Protein (g):	185g
Sodium (mg):	214mg
Potassium (mg):	14974mg
Calcium (mg):	1085mg
Iron (mg):	58mg
Zinc (mg):	27mg
Vitamin C (mg):	189mg
Vitamin A (i.u.):	7153IU
Vitamin A (r.e.):	714RE

Alcohol (kcal): 0  
% Refuse: 0%

### Food Exchanges

Grain (Starch):	30 1/2
Lean Meat:	10 1/2
Vegetable:	6 1/2
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	44 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 4783                      Calories from Fat: 2037

### % Daily Values\*

<b>Total Fat</b> 235g	361%
Saturated Fat 34g	169%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 214mg	9%
<b>Total Carbohydrates</b> 527g	176%
Dietary Fiber 169g	675%
<b>Protein</b> 185g	
<b>Vitamin A</b>	143%
<b>Vitamin C</b>	315%
<b>Calcium</b>	108%
<b>Iron</b>	320%

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