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## Bean Dip

### Ingredients:

- 2 cups refried beans
- 2 cups mild salsa
- 1 cup cheddar cheese, grated

*Makes 10 servings - 17% calories from fat*

### Instructions:

1. In a saucepan, slowly heat refried beans, gradually adding salsa.
2. Continue stirring until heated through.
3. Sprinkle grated cheese on top of bean and salsa mixture.

Note:

- Serve with baked tortilla chips, and or cut up vegetables.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 530mg</b>	<b>22%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 8%	• Vitamin C 15%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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