

# Hotshot Bean Dip

*Nita Shipp - Madison, MO  
Southern Living - 1987 Annual Recipes*

## **Yield: 1 1/2 cups**

*1 medium onion, chopped  
1 clove garlic, minced  
2 tablespoons bacon drippings  
1 can (16 ounce) red kidney beans,  
undrained and mashed  
2 canned jalapeno peppers, minced  
3/4 cup (3 ounces) shredded  
Longhorn cheese, divided*

In a medium skillet, saute' the onion and garlic in the bacon drippings for 1 minute.

Add the kidney beans and cook, stirring constantly, until the mixture is thickened.

Add the peppers and one-half cup of cheese. Stir until the cheese melts.

Spoon the mixture into a baking dish. Sprinkle the remaining cheese on top.

Serve warm with tortilla chips.

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Per Serving (excluding unknown items): 915 Calories; 29g Fat (27.7% calories from fat); 43g Protein; 125g Carbohydrate; 31g Dietary Fiber; 27mg Cholesterol; 904mg Sodium. Exchanges: 7 1/2 Grain(Starch); 3 Lean Meat; 2 Vegetable; 5 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	915
<b>% Calories from Fat:</b>	27.7%
<b>% Calories from Carbohydrates:</b>	53.7%
<b>% Calories from Protein:</b>	18.6%
<b>Total Fat (g):</b>	29g
<b>Saturated Fat (g):</b>	12g
<b>Monounsaturated Fat (g):</b>	11g
<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	27mg
<b>Carbohydrate (g):</b>	125g
	31g

<b>Vitamin B6 (mg):</b>	1.0mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	1.1mg
<b>Riboflavin B2 (mg):</b>	.4mg
<b>Folacin (mcg):</b>	752mcg
<b>Niacin (mg):</b>	4mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	n n%

## **Food Exchanges**

7 1/2

**Dietary Fiber (g):**  
**Protein (g):** 43g  
**Sodium (mg):** 904mg  
**Potassium (mg):** 2770mg  
**Calcium (mg):** 190mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 763IU  
**Vitamin A (r.e.):** 76 1/2RE

**Grain (Starch):**  
**Lean Meat:** 3  
**Vegetable:** 2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 915                      **Calories from Fat:** 254

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### % Daily Values\*

<b>Total Fat</b> 29g	44%
Saturated Fat 12g	61%
<b>Cholesterol</b> 27mg	9%
<b>Sodium</b> 904mg	38%
<b>Total Carbohydrates</b> 125g	42%
Dietary Fiber 31g	125%
<b>Protein</b> 43g	
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<b>Vitamin A</b>	15%
<b>Vitamin C</b>	34%
<b>Calcium</b>	19%
<b>Iron</b>	75%

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