

Prairie Fire Dip II

Jo Johnson

Taste of Home 3/5/2001 p11

Yield: 1 3/4 cups

1 can (16 oz) refried beans
1/2 cup shredded provolone cheese
2 tablespoons butter or margarine (optional)
1 tablespoon onion, finely chopped
1 clove garlic, minced
2 teaspoons chili powder
dash hot pepper sauce
large corn chips

In a saucepan, combine the beans, cheese, butter if desired, onion, garlic, chili powder and hot pepper sauce.

Cook over low heat until cheese is melted and dip is heated through.

Serve with corn chips.

One 2-tablespoon serving (prepared with fat-free refried beans and without butter; calculated without corn chips) = 56 calories; 2 g fat; 6 mg cholesterol; 200 mg sodium; 5 g carbohydrate; 2 g fiber; 4 g protein.

Exchanges: 1/2 starch; 1/2 fat.

Per Serving (excluding unknown items): 295 Calories; 4g Fat (10.5% calories from fat); 17g Protein; 51g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 1124mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	295	Vitamin B6 (mg):	.4mg
% Calories from Fat:	10.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	67.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	218mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	51g	Food Exchanges	
Dietary Fiber (g):	15g	Grain (Starch):	3
Protein (g):	17g	Lean Meat:	0
Sodium (mg):	1124mg	Vegetable:	1/2
Potassium (mg):	1118mg	Fruit:	0

Calcium (mg): 138mg
Iron (mg): 5mg
Zinc (mg): 4mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 1746IU
Vitamin A (r.e.): 174 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 295 Calories from Fat: 31

% Daily Values*

Total Fat	4g		5%
	Saturated Fat	1g	6%
Cholesterol	0mg		0%
Sodium	1124mg		47%
Total Carbohydrates	51g		17%
	Dietary Fiber	15g	61%
Protein	17g		
<hr/>			
Vitamin A			35%
Vitamin C			33%
Calcium			14%
Iron			29%

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