Refried Bean Dip

The Essential Appetizers Cookbook (1999) Whitecap Books

Yield: 1 1/2 cups

1 can (14 ounce) refried beans 1/4 cup sour cream salt (to taste) pepper (to taste) In a food processor, combine the refried beans and sour cream. Mix until smooth, adding salt and pepper to taste.

Cover and keep at room temperature until ready to use.

Per Serving (excluding unknown items): 394 Calories; 15g Fat (33.2% calories from fat); 18g Protein; 49g Carbohydrate; 13g Dietary Fiber; 26mg Cholesterol; 1103mg Sodium. Exchanges: 3 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat

Appetizers

Dar Camina Mutritional Analysis

Calories (kcal):	394	Vitamin B6 (mg):	.3mg
% Calories from Fat:	33.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	49.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	217mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0 ^^
Cholesterol (mg):	26mg	V. DATIEN	11119/2
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,	•	Food Exchanges	
Carbohydrate (g):	49g 13g	•	3
Carbohydrate (g): Dietary Fiber (g):	49g	Food Exchanges Grain (Starch): Lean Meat:	3
Carbohydrate (g): Dietary Fiber (g): Protein (g):	49g 13g	Grain (Starch):	
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg):	49g 13g 18g	Grain (Starch): Lean Meat:	0
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg):	49g 13g 18g 1103mg	Grain (Starch): Lean Meat: Vegetable:	0
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg):	49g 13g 18g 1103mg 1077mg 183mg	Grain (Starch): Lean Meat: Vegetable: Fruit:	0 0 0
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg):	49g 13g 18g 1103mg 1077mg	Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk:	0 0 0 0

 Vitamin C (mg):
 16mg

 Vitamin A (i.u.):
 454IU

 Vitamin A (r.e.):
 136 1/2RE

Nutrition Facts

Amount Per Serving			
Calories 394	Calories from Fat: 131		
	% Daily Values*		
Total Fat 15g Saturated Fat 9g Cholesterol 26mg Sodium 1103mg Total Carbohydrates 49g Dietary Fiber 13g Protein 18g	23% 43% 9% 46% 16% 54%		
Vitamin A Vitamin C Calcium Iron	9% 26% 18% 25%		

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