



March 25- Chili Bean Dip

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chili-bean-dip>

Recipe

Ingredients:

- 1 16-ounce can pinto beans
- 2 Tablespoons chopped onion
- 1 teaspoon chili powder
- ½ cup cheese (shredded)

Directions:

1. Mash beans in a bowl.
2. Add onion and chili powder and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

Yield 15 servings

Nutrition Facts

Serving Size 2 tablespoons (35.51g)
Servings Per Container 15

Amount Per Serving	
Calories 40 Calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 110mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 2g	5%
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.