



## 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*            |          |
| <b>Total Fat</b>          | 1.5g 2%  |
| Saturated Fat             | 1g 4%    |
| Trans Fat                 | 0g       |
| <b>Cholesterol</b>        | <5mg 1%  |
| <b>Sodium</b>             | 110mg 5% |
| <b>Total Carbohydrate</b> | 5g 2%    |
| Dietary Fiber             | 1g 6%    |
| Sugars                    | 0g       |
| <b>Protein</b>            | 2g 5%    |
| Vitamin A                 | 0%       |
| Calcium                   | 4%       |
| Vitamin C                 | 0%       |
| Iron                      | 2%       |

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