

3 Ingredients Bean Dip – Refried Beans Dip

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-refried-beans-with-cheese-recipe>

Ingredients:

- 16 ounces refried beans
- 12 ounces salsa
- 1 cup cheese
- jalapeno – optional
- chips – to serve

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams
8. Sodium: 990 milligrams
9. Sugar: 3 grams

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