

Texas Trash Dip

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-buffalo-chicken-dip-recipes>

Ingredients:

- 16 ounces refried beans cans
- 8 ounces cream cheese softened
- 1 cup sour cream
- 3 tablespoons taco seasoning or 1 packet
- 2 cups Monterey Jack cheese shredded
- 1 cup cheddar cheese shredded

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 170 milligrams
4. Fat: 58 grams
5. Fiber: 6 grams
6. Protein: 31 grams
7. SaturatedFat: 34 grams
8. Sodium: 1380 milligrams
9. Sugar: 5 grams

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