

# Hot Mexican Bean Dip

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-green-chili-cream-cheese-dip>

## Ingredients:

- 14 1/2 ounces seasoned black beans drained
- 14 1/2 ounces kidney beans drained
- 14 1/2 ounces diced tomatoes
- 7 ounces green chilies
- 14 3/8 ounces white corn frozen
- 8 ounces cream cheese
- 1 cup shredded Mexican cheese blend
- 2 tablespoons sour cream
- 2 tablespoons taco seasoning
- fresh cilantro for garnish, optional

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 50 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 9 grams
8. Sodium: 550 milligrams
9. Sugar: 6 grams

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