



WESTERN WISCONSIN HEALTH

BENITO BEAN DIP

- 3 green onions, chopped (optional)
- 1-48 oz. jar pinto beans, rinsed and drained
- 1 C. salsa
- 1/2 tsp. cumin or chili powder, optional
- 1/4 C. fresh cilantro leaves, optional
- 1 large bag baked tortilla chips or chopped up veggies of your liking

Nutrition Facts

Serving Size (190g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 45g **15%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 11g

Vitamin A 0% • Vitamin C 2%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blend all ingredients together until smooth in a food processor. Serve at room temperature or slightly chilled.

NUTRITION FACTS: Serving size: 2 tbsp. per serving, 42 servings