



WESTERN WISCONSIN HEALTH

BEAN DIP

2 cups of refried beans

1 cup of medium picante sauce or salsa

Nutrition Facts	
Serving Size (46g)	
Servings Per Container 16	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*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	

Combine refried beans and salsa. Warm through. Serve with baked chips, cut veggies, or as burrito filling.

NUTRITION FACTS: Serving size: 1/4 cup per serving, 16 servings