

Yummy Bean Dip

Makes: 1 Serving

Ingredients

1/3 cup beans, canned or cooked (pinto work great)

1/3 tablespoon yogurt, non-fat plain (1 teaspoon)

1 tablespoon salsa

Directions

1. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers.
2. Add yogurt and salsa. Seal bag and mix with fingers.
3. Open bag or cut off corner of bag and squeeze out dip.

Notes

Enjoy dip with your favorite veggies, corn chips, pita bread wedges, or whole-wheat crackers.

Canned pinto beans used for costing and nutrition analysis.

Source: University of Wyoming, Cent\$ible Nutrition Program, Coo

Nutrition Information

Nutrients	Amount
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Calories	76
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Total Fat	0 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	144 mg
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Total Carbohydrate	14 g
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Dietary Fiber	3 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	5 g
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Vitamin D	0 IU
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Calcium	41 mg
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Iron	1 mg
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Potassium	267 mg
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N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
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