

Bean Dip

(Frito-Lay Copy Cat Recipe)



Ingredients

- 1 (15 ounce) cans refried beans
- 5 slices bottled jalapenos (nacho slices)
- 1 tablespoon brine, from bottled jalapeno slices
- 1/2 teaspoon salt
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper

Directions

1. Combine refried beans with the other ingredients in a food processor.
2. Puree ingredients on high speed until smooth.
3. Cover and chill for at least an hour before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (72 g)		Total Fat 1.2g	1%
Servings Per Recipe: 4		Saturated Fat 0.4g	2%
Amount Per Serving		Cholesterol 0.0mg	0%
	% Daily Value	Sugars 1.0 g	
Calories 100.1		Sodium 768.3mg	32%
Calories from Fat 11	11%	Total Carbohydrate 17.0g	5%
		Dietary Fiber 5.5g	22%
		Sugars 1.0 g	4%
		Protein 5.8g	11%