



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Refried Bean Dip

2 cups refried beans

$\frac{2}{3}$  cup salsa

2 teaspoons cumin, chili powder, or fajita seasoning mix\*

$\frac{1}{3}$  cup lowfat sour cream or plain yogurt

pepper to taste

Mix together until well blended.

Nutrition Facts	
Serving Size: 1/4 cup (60g)	
Servings: 12	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 4%	Vitamin C 6%
Calcium 4%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.