



A Nutrition Resource

## KID'S REFRIED BEANS DIP

**Yield: 4 Servings | Serving Size: 1/2 cup**

**Preparation Time: 5 minutes**

**Cooking Time: 10 minutes**

**Cost/serving: \$0.38**

**Ingredients:**

1 cup refried beans

3/4 cup mild salsa

**Directions:**

- 1) Wash your hands
- 2) Mix all Ingredients together In a small bowl. Serve with raw vegetables (carrots, celery, etc.).



### Nutrition Facts

4 servings per container

**Serving size** 1/4 cup (75g)

**Amount per serving**

**Calories** **60**

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 340mg 15%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 190mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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