



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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 **Find us on Pinterest**
pinterest.com/buyeatlive

 **Find us on Facebook**
facebook.com/buyeatlivebetter



MONTANA STATE UNIVERSITY

EXTENSION