



Avocado and Black Bean Dip



Vegetarian



Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted peeled mashed
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 1 clove garlic minced to taste
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup cheddar cheese shredded

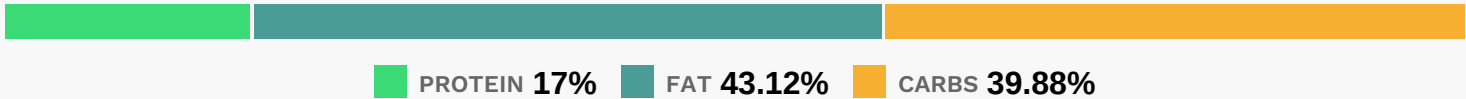
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Mix avocado, black beans, lime juice, and garlic together in a microwave-safe bowl.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Microwave dip on high until cheese is melted, about 1 minute. Season with sea salt if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:12.080000006634%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 217.62kcal (10.88%), Fat: 10.9g (16.77%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 11.95g (4.35%), Sugar: 0.43g (0.48%), Cholesterol: 9.42mg (3.14%), Sodium: 473.54mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.35%), Fiber: 10.73g (42.93%), Folate: 107.93µg (26.98%), Phosphorus: 185.75mg (18.57%), Potassium: 585.8mg (16.74%), Manganese: 0.33mg (16.66%), Copper: 0.31mg (15.3%), Vitamin B2: 0.24mg (13.87%), Magnesium: 54.81mg (13.7%), Iron: 2.33mg (12.93%), Vitamin B1: 0.19mg (12.51%), Vitamin C: 9.25mg (11.22%), Calcium: 111.7mg (11.17%), Vitamin K: 10.81µg (10.3%), Vitamin B6: 0.2mg (10.24%), Vitamin B5: 0.94mg (9.42%), Zinc: 1.25mg (8.35%), Vitamin B3: 1.55mg (7.74%), Vitamin E: 1.12mg (7.46%), Selenium: 4.36µg (6.23%), Vitamin A: 173.91IU (3.48%), Vitamin B12: 0.1µg (1.66%)