



Bacon Black Bean Dip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 30 oz black beans undrained canned
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper diced green seeded
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno diced seeded finely
- ☐ 3 tablespoons juice of lime

- ☐ 1 large onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 10 servings salt
- ☐ 3 spring onion thinly sliced
- ☐ 1 large tomatoes diced

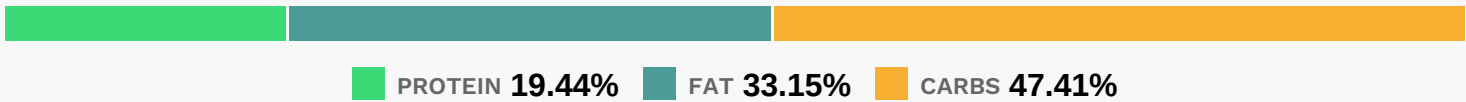
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Cook bacon in a skillet over medium heat until crisp, 10 minutes.
- ☐ Drain on paper towels.
- ☐ Drain all but 1 Tbsp. fat from skillet.
- ☐ Add onion and peppers; cook over medium-high heat until soft, 8 minutes.
- ☐ Add spices; saut for 1 minute.
- ☐ Add beans; raise heat to high. Bring mixture to a boil, reduce heat and simmer until thickened and slightly reduced, 10 minutes.
- ☐ Puree half of mixture in a blender. Stir puree into remaining mixture in a bowl; season with salt and lime juice.
- ☐ Let dip cool to room temperature; stir in scallions, cilantro, tomato and bacon.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.0478261333445%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 149.15kcal (7.46%), Fat: 5.63g (8.66%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 11.33g (4.12%), Sugar: 1.64g (1.82%), Cholesterol: 8.71mg (2.9%), Sodium: 610.89mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.85%), Fiber: 6.78g (27.12%), Vitamin C: 19.47mg (23.61%), Folate: 62.12µg (15.53%), Manganese: 0.29mg (14.49%), Phosphorus: 126.85mg (12.68%), Vitamin B1: 0.18mg (12.19%), Potassium: 401.52mg (11.47%), Iron: 2.04mg (11.33%), Vitamin K: 11.01µg (10.49%), Copper: 0.2mg (10.18%), Magnesium: 38.59mg (9.65%), Vitamin B6: 0.16mg (8.2%), Vitamin B2: 0.13mg (7.67%), Vitamin B3: 1.3mg (6.53%), Selenium: 4.01µg (5.73%), Vitamin A: 267.18IU (5.34%), Zinc: 0.73mg (4.87%), Calcium: 45.54mg (4.55%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.07µg (1.1%)