



Black Bean and Goat Cheese Spread

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



84 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 3 garlic cloves crushed
- ☐ 5.3 ounce goat cheese
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 cup mirin sweet (rice wine)
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion sliced

☐ 0.3 teaspoon salt

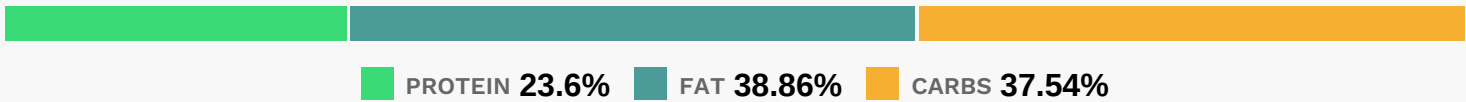
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-low heat.
- ☐ Add onion, garlic, and salt. Cook 25 to 30 minutes, stirring often, until browned.
- ☐ Add mirin; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until liquid is absorbed.
- ☐ Place onion mixture, beans, and remaining 3 ingredients in a blender or food processor; process 1 minute or until smooth, scraping sides of bowl occasionally. Cover and chill at least 2 hours (mixture will thicken as it chills).

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:3.9865217597588%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 83.67kcal (4.18%), Fat: 3.43g (5.27%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.57g (0.64%), Cholesterol: 5.76mg (1.92%), Sodium: 231.66mg (10.07%), Alcohol: 0.81g (100%), Alcohol %: 1.53% (100%), Protein: 4.68g (9.37%), Fiber: 2.7g (10.8%), Copper: 0.17mg (8.44%), Phosphorus: 75.53mg (7.55%), Folate: 26.67µg (6.67%), Manganese: 0.13mg (6.47%), Vitamin K: 6.49µg (6.19%), Vitamin B2: 0.1mg (5.63%), Iron: 1mg (5.54%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.44mg (4.11%), Potassium:

138.28mg (3.95%), Vitamin B6: 0.07mg (3.65%), Calcium: 35.87mg (3.59%), Vitamin A: 158.93IU (3.18%), Vitamin C: 2.39mg (2.9%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.3mg (1.52%), Selenium: 1.05µg (1.5%)