



Black Bean Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained canned
- 4 oz chiles green drained chopped canned
- 1 tsp chili powder
- 2 Tbsp cilantro leaves chopped
- 8 oz philadelphia cream cheese softened
- 0.5 tsp garlic powder
- 3 drops pepper sauce hot

Equipment

bowl

Directions

- Mash beans with fork in large bowl.
- Add remaining ingredients; mix well. Cover.
- Refrigerate several hours or until chilled.
- Serve with tortilla chips.

Nutrition Facts

 **PROTEIN 13.17%**  **FAT 57.73%**  **CARBS 29.1%**

Properties

Glycemic Index:3.2, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.195217407268%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.89kcal (3.04%), Fat: 4g (6.15%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.44g (0.49%), Cholesterol: 11.45mg (3.82%), Sodium: 146.01mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Fiber: 1.62g (6.48%), Folate: 17.16µg (4.29%), Vitamin A: 203.26IU (4.07%), Phosphorus: 36.48mg (3.65%), Vitamin B2: 0.05mg (3.23%), Vitamin C: 2.64mg (3.2%), Iron: 0.52mg (2.89%), Manganese: 0.05mg (2.7%), Potassium: 90.84mg (2.6%), Vitamin B1: 0.03mg (2.25%), Magnesium: 8.97mg (2.24%), Copper: 0.04mg (2.24%), Calcium: 21.03mg (2.1%), Selenium: 1.32µg (1.88%), Vitamin B6: 0.03mg (1.46%), Zinc: 0.19mg (1.23%), Vitamin B5: 0.11mg (1.11%)