



# Black Bean Dip

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 ounce black beans canned
- 4 ounce chiles green chopped canned
- 1 teaspoon chili powder
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 dash hot sauce hot to taste
- 0.3 cup picante sauce

- 0.5 cup cream sour
- 1 tablespoon salt

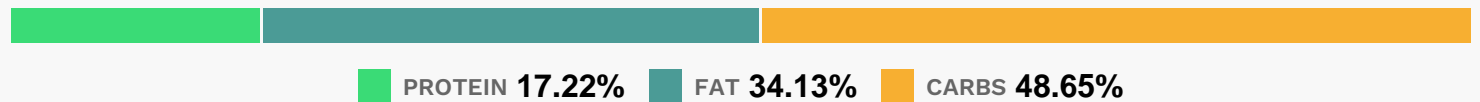
## Equipment

- oven
- mixing bowl

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a mixing bowl, mash the beans with a fork.
- Combine the salad dressing, sour cream, green chilies, cilantro, chili powder, garlic powder and hot pepper sauce. Blend well. Refrigerate for 30 minutes.
- Serve with the baked tortilla chips.
- Spray the tortillas lightly with olive oil, and sprinkle lightly with salt.
- Bake until crisp and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.9295652042265%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 90.07kcal (4.5%), Fat: 3.52g (5.41%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 7.13g (2.59%), Sugar: 0.36g (0.41%), Cholesterol: 5.03mg (1.68%), Sodium: 1202.3mg (52.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Fiber: 4.16g (16.65%), Folate: 42.21µg (10.55%), Vitamin C: 6.61mg (8.01%), Phosphorus: 73.35mg (7.33%), Iron: 1.32mg (7.31%), Manganese: 0.14mg (7.09%), Potassium: 239.02mg (6.83%), Vitamin B1: 0.09mg (5.73%), Copper: 0.11mg (5.7%), Magnesium: 22.39mg (5.6%), Vitamin B2: 0.09mg (5.33%), Calcium: 47.85mg (4.78%), Vitamin A: 187.03IU (3.74%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.49mg (3.29%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.41mg (2.71%), Vitamin K: 2.04µg (1.94%), Selenium: 1.35µg (1.93%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.06µg (1.01%)