



Black Bean Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



32

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chilis green chopped canned
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 30 oz black beans rinsed drained canned
- 1 cup yogurt plain low-fat
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 1 serving tortilla chips

Equipment

- food processor
- bowl
- sauce pan
- blender

Directions

- Place chilies, onions, garlic and beans in blender or food processor. Cover and blend on medium-high speed until almost smooth.
- Spoon mixture into small bowl. Stir in yogurt, cumin and salt. Cover and refrigerate until chilled, or heat in 1 1/2-quart saucepan over medium heat, stirring frequently, until hot.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.2634782719871%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 35.4kcal (1.77%), Fat: 0.4g (0.62%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.03g (1.46%), Sugar: 0.66g (0.73%), Cholesterol: 0.46mg (0.15%), Sodium: 160.93mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Fiber: 1.99g (7.98%), Folate: 19.56µg (4.89%), Phosphorus: 43.41mg (4.34%), Manganese: 0.07mg (3.54%), Iron: 0.62mg (3.45%), Potassium: 110.9mg (3.17%), Magnesium: 12.01mg (3%), Vitamin B2: 0.05mg (3%), Vitamin B1: 0.04mg (2.94%), Copper: 0.05mg (2.75%), Vitamin C: 2.24mg (2.71%), Calcium: 27.04mg (2.7%), Zinc: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.11mg (1.12%), Vitamin B3: 0.21mg (1.05%)