



Black Bean Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



32

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz black beans rinsed drained canned
- 2 tablespoons chilis green chopped (from 4.5-oz can)
- 32 servings tortilla chips
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 1 cup yogurt plain low-fat
- 0.5 cup onion chopped
- 0.5 teaspoon salt

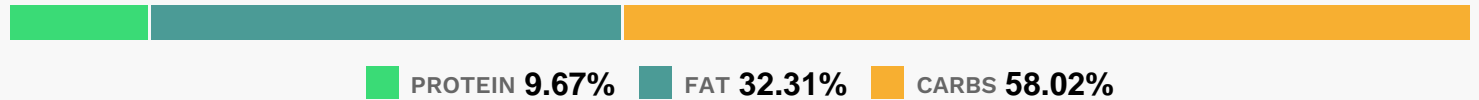
Equipment

- 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:-2, Nutrition Score:4.451304320408%

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: 162.88kcal (8.14%), Fat: 6.01g (9.25%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 20.88g (7.59%), Sugar: 0.87g (0.96%), Cholesterol: 0.46mg (0.15%), Sodium: 239.55mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Fiber: 3.41g (13.66%), Phosphorus: 104.16mg (10.42%), Magnesium: 34.69mg (8.67%), Vitamin E: 0.99mg (6.62%), Vitamin K: 5.88µg (5.6%), Iron: 1mg (5.55%), Calcium: 54.85mg (5.48%), Vitamin B1: 0.08mg (5.45%), Folate: 21.41µg (5.35%), Potassium: 157.32mg (4.49%), Vitamin B5: 0.43mg (4.31%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.61mg (4.06%), Copper: 0.08mg (4.06%), Vitamin B6: 0.08mg (3.76%), Manganese: 0.07mg (3.54%), Selenium: 1.88µg (2.68%), Vitamin B3: 0.42mg (2.11%), Vitamin C: 1.35mg (1.63%)