



Black Bean Dip

 Gluten Free

READY IN



16 min.

SERVINGS



12

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon chipotle chile canned chopped
- ☐ 2 teaspoons chili powder
- ☐ 60 corn chips
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion diced

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 tablespoons queso fresco crumbled
- ☐ 1 tablespoon onion red minced
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water

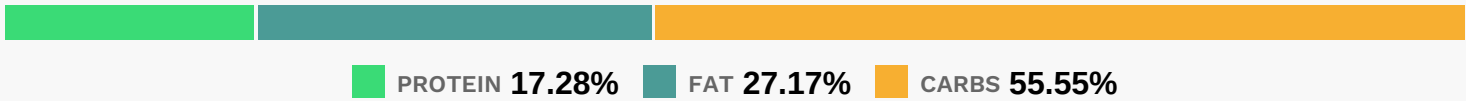
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; saut 5 minutes or until tender, stirring occasionally.
- ☐ Add chili powder and cumin; saut 1 minute.
- ☐ Place onion mixture, lime juice, and next 5 ingredients (through black beans) in a food processor; process until smooth. Spoon mixture into a serving bowl; top with queso fresco, red onion, and if desired, chopped cilantro.
- ☐ Serve with corn chips.
- ☐ Technique: how to prep beans Canned beans are more convenient than dried beans. For the best results, rinse thoroughly with tap water before using, and drain in a colander.
- ☐ Draining and rinsing canned beans gets rid of the thick liquid in the can and reduces the sodium by 40 percent.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:6.1460869053136%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 120.23kcal (6.01%), Fat: 3.74g (5.76%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 11.54g (4.2%), Sugar: 1.04g (1.16%), Cholesterol: 1.7mg (0.57%), Sodium: 371.57mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Fiber: 5.68g (22.72%), Folate: 48.52µg (12.13%), Manganese: 0.23mg (11.71%), Phosphorus: 104.2mg (10.42%), Iron: 1.7mg (9.44%), Magnesium: 32.85mg (8.21%), Copper: 0.16mg (7.84%), Potassium: 273.61mg (7.82%), Vitamin B1: 0.12mg (7.67%), Vitamin B2: 0.1mg (6.1%), Calcium: 56.19mg (5.62%), Vitamin C: 4.22mg (5.12%), Vitamin E: 0.71mg (4.74%), Vitamin B6: 0.08mg (4.23%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.56mg (2.82%), Selenium: 1.97µg (2.81%), Vitamin A: 128.16IU (2.56%), Vitamin K: 2.54µg (2.42%), Vitamin B5: 0.2mg (2.01%)