



Black Bean Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 1 teaspoon chili powder
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 8 ounce no-salt-added tomato sauce canned

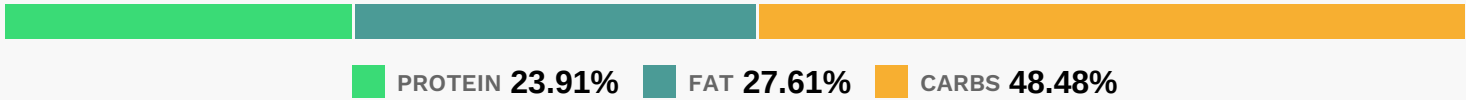
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine beans and tomato sauce in a small saucepan; bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat.
- ☐ Mash beans with a potato masher or back of a spoon.
- ☐ Add cheese and chili powder; cook, stirring constantly, until cheese melts.
- ☐ Serve dip warm with toasted pita triangles and fresh vegetables.
- ☐ Free (1 tablespoon)

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.3521739105168%

Nutrients (% of daily need)

Calories: 21.2kcal (1.06%), Fat: 0.67g (1.03%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.26g (0.29%), Cholesterol: 1.77mg (0.59%), Sodium: 97.24mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Fiber: 1.04g (4.18%), Phosphorus: 24.57mg (2.46%), Folate: 9.13µg (2.28%), Manganese: 0.04mg (1.99%), Iron: 0.33mg (1.86%), Potassium: 64.56mg (1.84%), Calcium: 18.38mg (1.84%), Copper: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.7%), Magnesium: 6.29mg (1.57%), Vitamin B1: 0.02mg (1.4%), Vitamin A: 67.51IU (1.35%), Vitamin C: 0.86mg (1.04%), Selenium: 0.73µg (1.04%), Zinc: 0.16mg (1.03%)