



Black Bean Dip (Dip De Frijoles Negros)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 oz black beans rinsed drained canned
- ☐ 1 teaspoon chipotle chile in adobo canned minced
- ☐ 0.3 cup cilantro leaves fresh chopped for garnish
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 tablespoon tomato paste

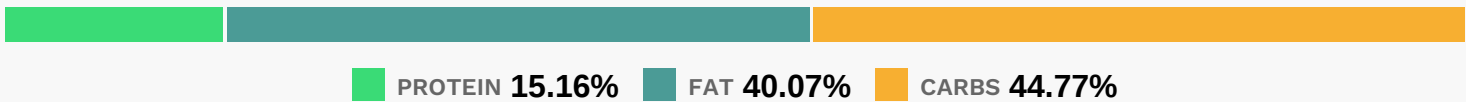
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place all the ingredients in food processor until the dip is smooth and creamy, scraping the down the bowl as needed.
- ☐ Transfer the dip to a serving bowl, sprinkle with fresh cilantro and serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.8030434846878%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 80.21kcal (4.01%), Fat: 3.67g (5.65%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 271.81mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Fiber: 3.62g (14.47%), Folate: 31.66µg (7.92%), Manganese: 0.13mg (6.69%), Iron: 1.08mg (5.98%), Phosphorus: 56.87mg (5.69%), Copper: 0.1mg (5.21%), Potassium: 177.13mg (5.06%), Vitamin B1: 0.07mg (4.92%), Magnesium: 18.83mg (4.71%), Vitamin K: 4.33µg (4.12%), Vitamin C: 3.17mg (3.84%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.06mg (3.76%), Calcium: 20.61mg (2.06%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.29mg (1.95%), Vitamin B3: 0.36mg (1.8%), Vitamin A: 65IU (1.3%), Selenium: 0.78µg (1.11%), Vitamin B5: 0.11mg (1.06%)