



Black Bean Dip with Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz baby carrots
- ☐ 31 oz black beans rinsed drained canned
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon cumin
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup juice of lime fresh (from 2 large limes)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon onion powder

☐ 8 servings salt

Equipment

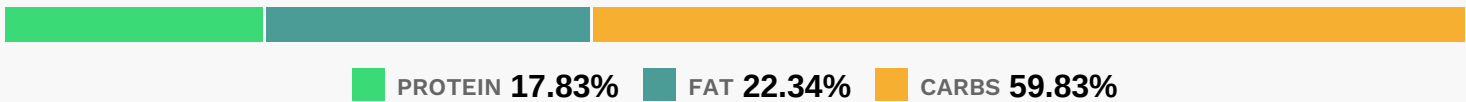
☐ food processor

☐ bowl

Directions

- ☐ Combine beans, lime juice, oil, cumin, onion powder, garlic powder and cayenne pepper in a food processor and process until smooth, scraping down sides of bowl as necessary.
- ☐ Transfer to a bowl and season with salt.
- ☐ Serve with carrots on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:13.654347824014%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 154.73kcal (7.74%), Fat: 3.96g (6.09%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 14.54g (5.29%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 660.71mg (28.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin A: 7843.15IU (156.86%), Fiber: 9.33g (37.3%), Folate: 83.3µg (20.83%), Manganese: 0.36mg (17.79%), Iron: 2.8mg (15.58%), Potassium: 490.22mg (14.01%), Phosphorus: 138.1mg (13.81%), Copper: 0.27mg (13.69%), Vitamin B1: 0.18mg (11.72%), Magnesium: 45.98mg (11.49%), Vitamin B2: 0.15mg (9.11%), Vitamin C: 6.78mg (8.22%), Vitamin K: 7.53µg (7.17%), Vitamin B6: 0.13mg (6.43%), Calcium: 60.81mg (6.08%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.54mg (3.6%), Selenium: 2.02µg (2.89%)