



## Black Bean Dip with Tortilla Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 30 ounce black beans drained canned
- ☐ 6 10-inch flour tortillas cut into 8 wedges
- ☐ 0.8 cup cilantro leaves fresh minced 1 bunch
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons green onions finely chopped
- ☐ 0.5 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons hot sauce
- ☐ 1 jalapeno diced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 1 bell pepper red
- ☐ 0.3 teaspoon salt

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

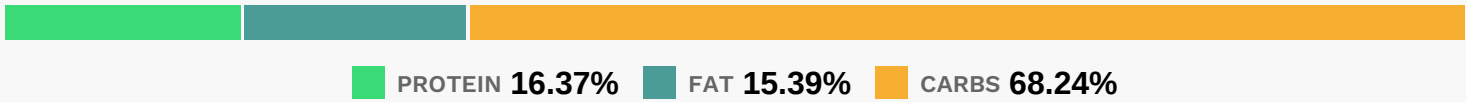
## Directions

- ☐ Preheat broiler.
- ☐ Cut the bell pepper in half lengthwise, discarding seeds and membranes.
- ☐ Place the bell pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil for 5 minutes or until blackened.
- ☐ Place the bell pepper in a zip-top plastic bag, and seal.
- ☐ Let stand for 5 minutes, and peel.
- ☐ Place the bell pepper and the next 12 ingredients (bell pepper through garlic) in a food processor, and process until smooth. Spoon into a bowl, and garnish with chopped bell pepper, if desired.
- ☐ Preheat oven to 40
- ☐ Arrange the tortilla wedges in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 5 minutes or until golden.

☐

Serve the dip with chips.

# Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:5.89, Inflammation Score:-6, Nutrition Score:10.404782632123%

## 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: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 179.44kcal (8.97%), Fat: 3.08g (4.74%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 24.27g (8.83%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 637.52mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Fiber: 6.48g (25.93%), Vitamin C: 19.03mg (23.07%), Folate: 83.02µg (20.76%), Vitamin B1: 0.29mg (19.01%), Manganese: 0.38mg (18.84%), Iron: 2.8mg (15.58%), Phosphorus: 154.61mg (15.46%), Selenium: 8.81µg (12.58%), Vitamin B2: 0.2mg (11.68%), Vitamin B3: 2.13mg (10.67%), Copper: 0.18mg (9.13%), Vitamin K: 9.57µg (9.11%), Magnesium: 35.61mg (8.9%), Potassium: 308.17mg (8.8%), Vitamin A: 414.86IU (8.3%), Calcium: 81.73mg (8.17%), Vitamin B6: 0.1mg (5.19%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.24mg (1.62%)