



Black Bean Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



39 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups black beans cooked
- 2 cloves garlic minced
- 2 green onions chopped
- 1 teaspoon ground coriander seed
- 2 teaspoons ground cumin
- 0.5 cup curd cottage cheese low-fat
- 1 teaspoon pepper sauce hot
- 3 tablespoons salsa hot

12 servings salt and pepper to taste

Equipment

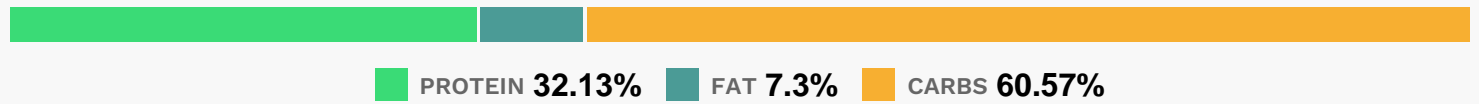
blender

Directions

Combine black beans, salsa, green onions, garlic, cottage cheese, hot pepper sauce, cumin, coriander, salt and pepper in an electric blender and blend until smooth.

Add a little water, if necessary, to blend mixture thoroughly.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:2.8943478426208%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 39.49kcal (1.97%), Fat: 0.33g (0.51%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.47g (0.52%), Cholesterol: 0.38mg (0.13%), Sodium: 268.31mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Folate: 34.67µg (8.67%), Fiber: 2.11g (8.44%), Manganese: 0.13mg (6.34%), Phosphorus: 47.88mg (4.79%), Magnesium: 18.44mg (4.61%), Iron: 0.77mg (4.28%), Vitamin K: 4.35µg (4.14%), Vitamin B1: 0.06mg (4.04%), Potassium: 110.86mg (3.17%), Copper: 0.06mg (2.9%), Zinc: 0.32mg (2.15%), Vitamin B2: 0.03mg (1.97%), Calcium: 19.45mg (1.94%), Vitamin B6: 0.04mg (1.88%), Selenium: 1.29µg (1.84%), Vitamin C: 0.92mg (1.11%)