



Black Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

Ingredients



15 ounce 0%-less-sodium black beans rinsed drained canned



14.5 ounce canned tomatoes diced with green chiles, undrained (such as muir glen) organic canned



0.5 cup onion coarsely chopped

Equipment

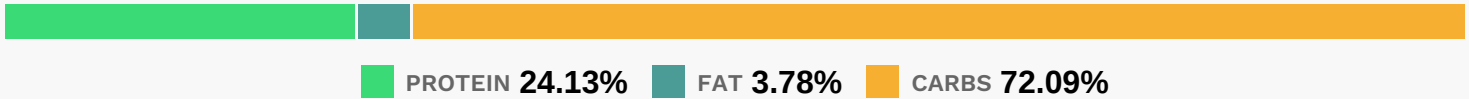


blender

Directions

- ☐
- Combine all ingredients in a blender, and process until smooth.
- ☐
- Wine note: Black beans have a delicious earthy character that tastes wonderful with an earthy Argentinean red wine. The most famous red grape of Argentina is malbec, which was brought to Argentina from the Bordeaux region of France more than a century ago. One tasty favorite that's well priced: Dona Paula Estate Malbec 2005 from Lujn de Cuyo, Argentina (\$16). –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:3.47, Inflammation Score:-5, Nutrition Score:8.5291303396225%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 110.53kcal (5.53%), Fat: 0.49g (0.75%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 13.71g (4.99%), Sugar: 2.2g (2.44%), Cholesterol: 0mg (0%), Sodium: 8.09mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Folate: 113.62µg (28.4%), Fiber: 7.08g (28.31%), Manganese: 0.38mg (19.23%), Magnesium: 58.48mg (14.62%), Vitamin B1: 0.21mg (13.99%), Iron: 2.18mg (12.12%), Phosphorus: 116.11mg (11.61%), Potassium: 399.87mg (11.42%), Copper: 0.2mg (10.03%), Vitamin C: 7.36mg (8.92%), Vitamin B6: 0.14mg (7.05%), Zinc: 0.91mg (6.08%), Vitamin B2: 0.08mg (4.89%), Calcium: 43.44mg (4.34%), Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.04µg (1.94%), Vitamin A: 84.68IU (1.69%), Selenium: 0.99µg (1.41%)