



Black Bean Tomatillo Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained reduced-sodium canned
- 1 teaspoon chipotles in adobo canned chopped
- 2 tbsp cilantro leaves coarsely chopped
- 1 small garlic clove minced
- 0.5 teaspoon kosher salt divided
- 0.5 teaspoon lime zest
- 0.5 teaspoon pepper divided
- 0.3 cup roasted peppers red drained chopped

- 0.3 cup nonfat greek yogurt plain
- 0.5 pound tomatillos husked rinsed
- 0.3 cup vegetable broth reduced-sodium

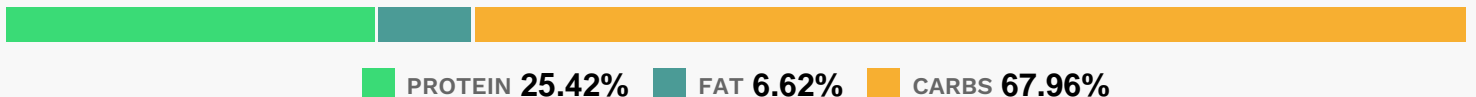
Equipment

- food processor
- bowl
- baking sheet
- broiler

Directions

- Preheat broiler. Put tomatillos on a rimmed baking sheet and broil 2 to 3 in. from heat, turning once, until charred in places, about 12 minutes.
- Let cool 5 minutes.
- Pulse tomatillos (including skins) only 4 or 5 times in a food processor with 2 tbsp. cilantro, the zest, and 1/4 tsp. each salt and pepper.
- Scrape into a bowl; set aside.
- Pulse garlic, beans, broth, chipotle, and remaining 1/4 tsp. each salt and pepper in a food processor until almost smooth.
- Spread bean mixture in a small bowl (preferably straight-sided). Spoon red peppers, then tomatillo sauce in layers on top. Spoon yogurt in the middle.
- Garnish with more cilantro and serve with chips.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.3543478360643%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 17.1kcal (0.85%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.37g (0.41%), Cholesterol: 0.08mg (0.03%), Sodium: 115.2mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Fiber: 1.18g (4.71%), Manganese: 0.05mg (2.67%), Vitamin C: 2.04mg (2.47%), Folate: 9.57µg (2.39%), Phosphorus: 21.06mg (2.11%), Potassium: 69.56mg (1.99%), Iron: 0.34mg (1.89%), Copper: 0.04mg (1.82%), Magnesium: 6.92mg (1.73%), Vitamin B1: 0.02mg (1.61%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.24mg (1.21%)