



## Chipotle Black Bean Dip with Corn Chips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce black beans undrained canned
- 1 chipotle chile canned
- 6 6-inch corn tortillas ()
- 1 teaspoon cumin seeds
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.3 cup no-salt-added tomatoes diced canned undrained
- 1 teaspoon olive oil

- 1 cup onion chopped
- 0.3 teaspoon oregano dried
- 1 ounce part-skim mozzarella cheese shredded
- 2 tablespoons queso fresco crumbled
- 0.1 teaspoon salt

## Equipment

- food processor
- frying pan
- baking sheet
- sauce pan
- oven
- potato masher

## Directions

- Preheat oven to 400.
- Cut each tortilla into 6 wedges. Arrange wedges in a single layer on a large baking sheet coated with cooking spray.
- Sprinkle with salt.
- Bake at 400 for 10 minutes or until golden brown and crisp, stirring occasionally.
- Heat oil in a medium saucepan over medium heat.
- Add onion to pan; cook 8 minutes or until tender, stirring occasionally.
- Add cumin and garlic; cook 1 minute.
- Add oregano and beans; bring to a boil. Mash with a potato masher. Reduce heat, and simmer 10 minutes or until thickened, stirring occasionally.
- Spoon bean mixture into a 3-cup gratin dish coated with cooking spray. Top with cheeses.
- Bake at 400 for 12 minutes or until hot and bubbly.
- Combine tomatoes and chile in a mini food processor; process until smooth. Spoon tomato mixture over bean mixture.

Sprinkle with cilantro.

## Nutrition Facts



### Properties

Glycemic Index:24.92, Glycemic Load:5.63, Inflammation Score:-5, Nutrition Score:8.7000000217687%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

### Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 3.66g (5.64%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 19.98g (7.26%), Sugar: 2.03g (2.25%), Cholesterol: 6.42mg (2.14%), Sodium: 401.73mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.59%), Fiber: 7.45g (29.8%), Phosphorus: 211.92mg (21.19%), Manganese: 0.32mg (16%), Folate: 51.77µg (12.94%), Magnesium: 51.53mg (12.88%), Calcium: 126.44mg (12.64%), Iron: 2.2mg (12.22%), Copper: 0.2mg (10.19%), Potassium: 350.7mg (10.02%), Vitamin B1: 0.15mg (9.88%), Vitamin B2: 0.14mg (8.33%), Vitamin B6: 0.16mg (7.92%), Zinc: 1.07mg (7.13%), Vitamin C: 5.35mg (6.48%), Selenium: 4.38µg (6.26%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.32mg (2.13%), Vitamin B12: 0.12µg (2.03%), Vitamin A: 96.76IU (1.94%), Vitamin K: 1.98µg (1.88%)