



Cowboy Caviar

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



16

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained canned
- 8 ounces cream cheese softened
- 0.3 teaspoon pepper red crushed
- 1 garlic clove finely chopped
- 1 spring onion sliced
- 0.3 teaspoon ground cumin
- 2 hardboiled eggs chopped
- 2 tablespoons juice of lime

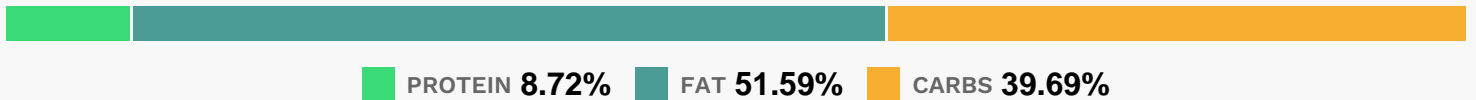
- 4 ounces olives ripe drained chopped canned
- 0.3 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 15 ounces tortilla chips
- 2 tablespoons vegetable oil

Equipment

Directions

- Mix all ingredients except cream cheese, eggs, onion and chips. Cover and refrigerate at least 2 hours.
- Spread cream cheese on serving plate. Spoon bean mixture evenly over cream cheese.
- Arrange eggs on bean mixture in ring around edge of plate; sprinkle with onion.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:5.7747826187507%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 236.47kcal (11.82%), Fat: 13.92g (21.42%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 20.5g (7.45%), Sugar: 1.01g (1.12%), Cholesterol: 37.63mg (12.54%), Sodium: 389.25mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Fiber: 3.59g (14.38%), Phosphorus: 116.53mg

(11.65%), Vitamin E: 1.56mg (10.37%), Vitamin K: 10.73µg (10.22%), Magnesium: 35.09mg (8.77%), Vitamin B2: 0.12mg (6.93%), Selenium: 4.78µg (6.82%), Folate: 24.8µg (6.2%), Iron: 1.08mg (6.02%), Calcium: 60.24mg (6.02%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 270.81IU (5.42%), Vitamin B5: 0.54mg (5.41%), Potassium: 169.84mg (4.85%), Copper: 0.09mg (4.61%), Zinc: 0.66mg (4.42%), Vitamin B6: 0.09mg (4.36%), Manganese: 0.08mg (3.83%), Vitamin B3: 0.44mg (2.19%), Vitamin C: 1.67mg (2.02%), Vitamin B12: 0.1µg (1.68%)