



Creamy Black Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon apple cider vinegar
- 2.5 teaspoons balsamic vinegar
- 15.5 ounce black beans rinsed drained canned
- 0.3 teaspoon chili powder
- 1.5 tablespoons catsup
- 0.3 teaspoon onion powder
- 0.5 teaspoon salt

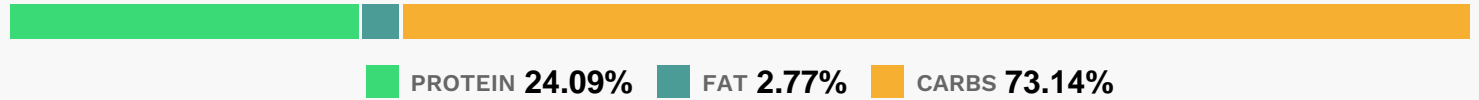
Equipment

food processor

Directions

- Combine the black beans, balsamic vinegar, ketchup, apple cider vinegar, salt, onion powder, and chili powder in a food processor; pulse until creamy.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:3.5160869113777%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.65kcal (2.73%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 6.39g (2.32%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 383.22mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Fiber: 3.83g (15.32%), Folate: 33.82µg (8.45%), Manganese: 0.14mg (6.79%), Phosphorus: 60.76mg (6.08%), Iron: 1.08mg (6%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.18%), Potassium: 180.92mg (5.17%), Magnesium: 19.96mg (4.99%), Vitamin B2: 0.07mg (4.19%), Calcium: 20.63mg (2.06%), Zinc: 0.31mg (2.06%), Vitamin C: 1.61mg (1.96%), Vitamin B3: 0.39mg (1.94%), Vitamin B6: 0.04mg (1.82%), Selenium: 0.76µg (1.08%), Vitamin B5: 0.1mg (1.03%)