



Creamy Chipotle-Black Bean Dip

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

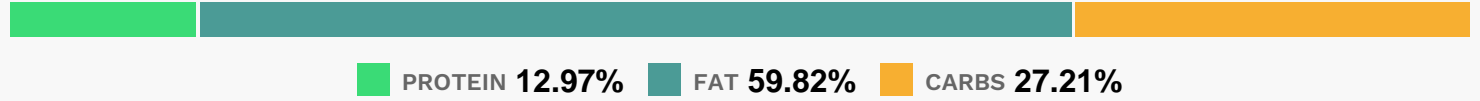
- 1 teaspoon adobo sauce from can
- 0.5 cup black bean dip prepared
- 1 teaspoon chipotle peppers in adobo sauce minced
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

Equipment

Directions

Stir together all ingredients. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4365217543167%

Nutrients (% of daily need)

Calories: 99.17kcal (4.96%), Fat: 6.68g (10.28%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.47g (4.97%), Cholesterol: 16.96mg (5.65%), Sodium: 369.55mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Fiber: 1.83g (7.32%), Iron: 0.7mg (3.89%), Vitamin A: 181.91IU (3.64%), Calcium: 30.67mg (3.07%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 22.33mg (2.23%), Selenium: 1.1µg (1.57%), Potassium: 38.31mg (1.09%), Vitamin B12: 0.06µg (1.01%)