



Cuban Black Bean Dip

 Low Fod Map

READY IN



47 min.

SERVINGS



8

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons crema mexicana sour
- 0.5 teaspoon cumin
- 0.3 teaspoon chipotle chili powder
- 2 tablespoons juice of lime
- 1 tablespoon olive oil
- 6 oz onion soup mix cuban-style
- 8 servings tomatoes diced thinly sliced
- 1 slices savory vegetable fresh

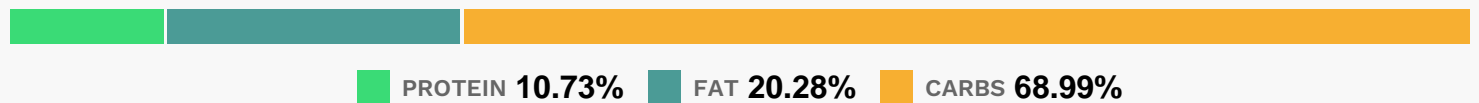
Equipment

- food processor
- bowl
- sauce pan

Directions

- Bring soup mix, olive oil, and 2 1/2 cups water to a boil in a medium saucepan over high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 25 minutes. Uncover and cook 5 to 7 minutes or until thick and beans are tender.
- Let cool 30 minutes.
- Process soup mixture, lime juice, cumin, and chile powder in a food processor 20 seconds or until smooth. Spoon mixture into a serving bowl. Cover and chill 2 hours before serving. Store in refrigerator in an airtight container up to 2 days.
- Spread center of dip with Mexican crema, and garnish, if desired.
- Serve with fresh vegetable slices.
- *Light sour cream may be substituted.
- Note: For testing purposes only, we used Nueva Cocina Cuban Style Black Bean Soup
- Mix and Ol Crema Mexicana.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:9.6821738326031%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 118.51kcal (5.93%), Fat: 2.81g (4.32%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 17.87g (6.5%), Sugar: 5.91g (6.57%), Cholesterol: 1.99mg (0.66%), Sodium: 1733.45mg (75.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 26.53mg (32.16%), Vitamin A: 1547.81IU (30.96%), Manganese: 0.35mg (17.64%), Potassium: 588.02mg (16.8%), Vitamin K: 15.67µg (14.92%), Fiber: 3.62g (14.47%), Vitamin B6: 0.27mg (13.56%), Copper: 0.18mg (9.2%), Phosphorus: 89.47mg (8.95%), Vitamin E: 1.29mg (8.59%), Vitamin B1: 0.13mg (8.53%), Magnesium: 33.44mg (8.36%), Vitamin B3: 1.4mg (7.01%), Folate: 27.44µg (6.86%), Calcium: 56.35mg (5.63%), Vitamin B2: 0.09mg (5.54%), Iron: 0.86mg (4.78%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.35mg (3.47%), Selenium: 1.09µg (1.55%)