



## Easy Black Bean Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

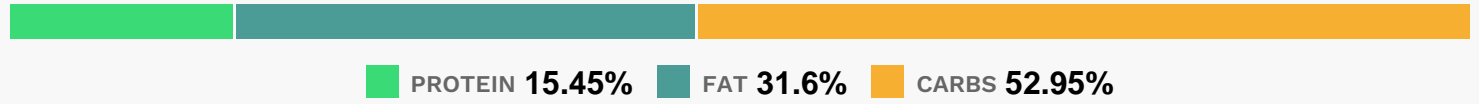
- 15 oz black beans rinsed canned
- 4 oz chiles green drained chopped canned
- 2 Tbsp cilantro leaves chopped
- 0.5 cup knudsen cream sour
- 1 tsp garlic powder
- 0.5 cup miracle whip dressing
- 3 drops pepper sauce hot

### Equipment

## Directions

- Mix all ingredients until well blended.
- Refrigerate several hours or until chilled.
- Serve with crackers or assorted fresh vegetable dippers.

## Nutrition Facts



## Properties

Glycemic Index:3.7, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.5708695805591%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 75.64kcal (3.78%), Fat: 2.73g (4.2%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 6.91g (2.51%), Sugar: 1.72g (1.91%), Cholesterol: 7.93mg (2.64%), Sodium: 320.5mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Fiber: 3.4g (13.6%), Folate: 32.97µg (8.24%), Vitamin C: 5.38mg (6.52%), Phosphorus: 57.91mg (5.79%), Iron: 1mg (5.57%), Manganese: 0.1mg (5.19%), Potassium: 168.96mg (4.83%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.06mg (4.3%), Copper: 0.09mg (4.28%), Magnesium: 16.76mg (4.19%), Calcium: 31.67mg (3.17%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 102.32IU (2.05%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.35mg (1.75%), Selenium: 1.09µg (1.55%), Vitamin B5: 0.13mg (1.29%)