



Chipotle Black Bean Dip

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large chipotle chile dried
- 1 cup salsa thick
- 0.5 cup black bean garlic sauce
- 2 tablespoons cilantro leaves fresh chopped
- 4 ounces monterrey jack cheese shredded
- 2 tablespoons spring onion chopped
- 1 serving half and half sweet red
- 1 serving tortilla chips

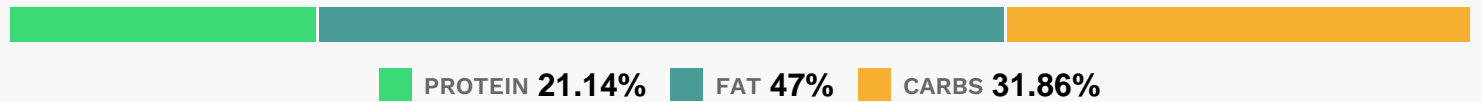
Equipment

oven

Directions

- Heat oven to 350°F. Cover chiles with boiling water; let stand 10 minutes.
- Drain chiles and remove seeds. Chop chiles
- Mix chopped chiles, salsa and bean dip; stir in cilantro. (If making ahead, cover and refrigerate up to 24 hours.) Spoon into shallow 1–quart ovenproof serving dish.
- Sprinkle with cheese.
- Bake about 15 minutes or until mixture is hot and cheese is melted.
- Sprinkle with onions.
- Garnish with chile half.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.898695650308%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 55.6kcal (2.78%), Fat: 2.98g (4.59%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.02g (2.25%), Cholesterol: 6.75mg (2.25%), Sodium: 166.42mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Calcium: 63.91mg (6.39%), Fiber: 1.15g (4.61%), Phosphorus: 43.7mg (4.37%), Vitamin A: 153.2IU (3.06%), Vitamin K: 3.13µg (2.98%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.3mg (2.02%), Vitamin B6: 0.04mg (2.02%), Zinc: 0.29mg (1.94%), Selenium: 1.34µg (1.92%), Iron: 0.33mg (1.84%), Potassium: 56.81mg (1.62%), Magnesium: 6.39mg (1.6%), Vitamin B3: 0.22mg (1.11%), Manganese: 0.02mg (1.1%), Vitamin B12: 0.06µg (1.05%)