



## Game-Day Black Bean Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 avocado diced pitted peeled
- 30 oz black beans drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 jalapeno seeds removed
- 3 tablespoons juice of lime fresh (2 medium)
- 0.3 cup olive oil
- 3 cloves roasted garlic
- 1 Dash salt

- 0.3 small onion sweet
- 0.3 cup tomatoes chopped
- 6 servings tortilla chips

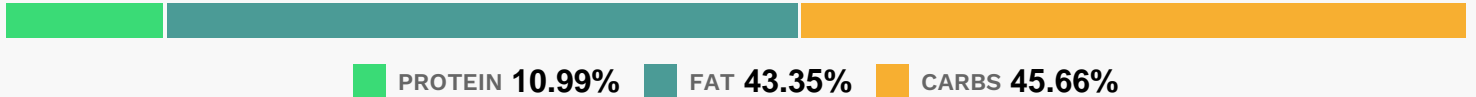
## Equipment

- food processor
- blender

## Directions

- Place beans in food processor or industrial-strength blender.
- Add onion, garlic, chile, salt, lime juice and oil; puree until smooth, adding additional oil, if needed, until mixture is a smooth consistency.
- Spoon mixture into serving dish. Top with avocado, tomato and cilantro.
- Serve immediately with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:15.521304317143%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 404.3kcal (20.22%), Fat: 20.17g (31.03%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 33.97g (12.35%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 647.02mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Fiber: 13.83g (55.33%), Folate: 122.22µg (30.55%), Phosphorus: 242.4mg (24.24%), Magnesium: 85.94mg (21.48%), Manganese: 0.42mg (21.16%), Vitamin E: 3.08mg (20.5%), Potassium: 699.27mg (19.98%), Iron: 3.44mg (19.12%), Copper: 0.38mg (19.08%), Vitamin K: 19.33µg (18.41%), Vitamin B1: 0.27mg (18.23%), Vitamin C: 12.81mg (15.53%), Vitamin B2: 0.24mg (14.17%), Vitamin B6: 0.26mg (13.18%), Vitamin B5: 1.1mg (10.99%), Zinc: 1.42mg (9.47%), Calcium: 90.73mg (9.07%), Vitamin B3: 1.79mg (8.94%), Selenium: 3.5µg (5%), Vitamin A: 128.23IU (2.56%)