



WHATSheATE



Game-Day Black Bean Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



30 oz black beans drained canned



0.3 small onion sweet



3 cloves roasted garlic



0.5 jalapeno seeds removed



1 Dash salt



3 tablespoons juice of lime fresh (2 medium)



0.3 cup olive oil



1 avocado diced pitted peeled

- ☐ 0.3 cup tomatoes chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 serving tortilla chips

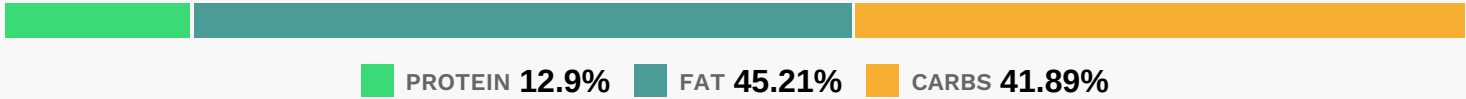
Equipment

- ☐ 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:13.54739134208%

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: 294.17kcal (14.71%), Fat: 15.34g (23.6%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 19.41g (7.06%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 570.49mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.71%), Fiber: 12.57g (50.29%), Folate: 119.42µg (29.85%), Manganese: 0.42mg (21.16%), Phosphorus: 189.9mg (18.99%), Potassium: 656.8mg (18.77%), Copper: 0.36mg (17.95%), Iron: 3.09mg (17.15%), Magnesium: 66.34mg (16.58%), Vitamin B1: 0.24mg (16.05%), Vitamin C: 12.81mg (15.53%), Vitamin E: 2.25mg (15.01%), Vitamin K: 14.45µg (13.76%), Vitamin B2: 0.22mg (13.21%), Vitamin B6: 0.22mg (11.09%), Vitamin B5: 0.82mg (8.23%), Vitamin B3: 1.59mg (7.96%), Zinc: 1.1mg (7.32%), Calcium: 66mg (6.6%), Selenium: 2.48µg (3.54%), Vitamin A: 127.53IU (2.55%)