



Hillary's Black Bean-Smoked Chile Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



47 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chipotle chile canned chopped
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup water

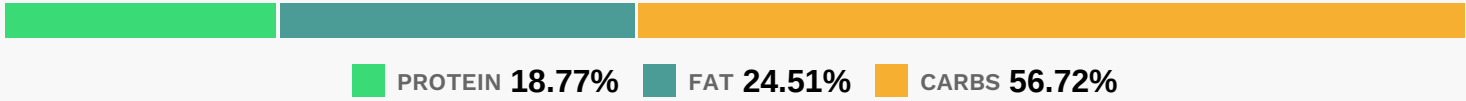
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat olive oil in a small skillet over medium heat.
- ☐ Add onion, cumin, and coriander to pan; cook 10 minutes, stirring occasionally.
- ☐ Combine onion mixture, 1/2 cup water, 2 tablespoons chopped cilantro, and remaining ingredients in a food processor; process until smooth.
- ☐ Garnish with remaining 2 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.9404347849929%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 47.43kcal (2.37%), Fat: 1.33g (2.05%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.23g (1.54%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 186.13mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Fiber: 2.72g (10.88%), Folate: 24.56µg (6.14%), Vitamin K: 6.09µg (5.8%), Manganese: 0.1mg (5.17%), Iron: 0.87mg (4.81%), Phosphorus: 42.48mg (4.25%), Copper: 0.08mg (3.87%), Potassium: 131.89mg (3.77%), Vitamin B1: 0.06mg (3.71%), Magnesium: 14.66mg (3.66%), Vitamin C: 2.34mg (2.83%), Vitamin B2: 0.05mg (2.79%), Calcium: 18.31mg (1.83%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.23mg

(1.51%), Vitamin E: 0.2mg (1.32%), Vitamin B3: 0.25mg (1.27%)