



Island Black Bean Hummus Topper

READY IN



35 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup avocados finely chopped
- 15 oz black beans rinsed canned
- 0.3 cup cilantro leaves
- 0.5 cup knudsen cream sour
- 2 Tbsp juice of lime fresh
- 1 tsp lime zest
- 1 Tbsp olive oil
- 1 jalapeño pepper seeded finely chopped
- 0.5 tsp pepper sauce hot

- 1 cup onions red chopped
- 0.5 cup pasilla peppers red finely chopped
- 72 ritz crackers

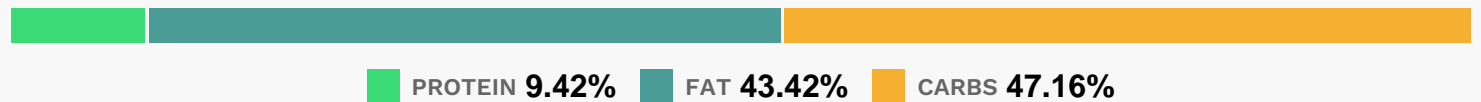
Equipment

- frying pan
- blender

Directions

- Heat oil in small skillet on medium heat.
- Add onions and jalapenos; cook and stir 5 min. or until crisp-tender. Cool slightly.
- Transfer onion mixture to blender.
- Add next 5 ingredients; blend until smooth.
- Top crackers with bean mixture, sour cream, red peppers and avocados.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.3678261320228%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 84.01kcal (4.2%), Fat: 4.13g (6.36%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 8.26g (3%), Sugar: 1.36g (1.51%), Cholesterol: 2.83mg (0.94%), Sodium: 152.28mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Fiber: 1.84g (7.36%), Vitamin C: 5.82mg (7.05%), Vitamin K: 6.35µg (6.05%), Folate: 23.05µg (5.76%), Manganese: 0.11mg (5.66%), Phosphorus: 52.06mg (5.21%), Vitamin B1: 0.07mg (4.86%), Iron: 0.8mg (4.44%), Vitamin B2: 0.06mg (3.66%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.65mg (3.25%), Potassium: 105.83mg (3.02%), Vitamin A: 144.75IU (2.9%), Copper: 0.06mg (2.82%), Calcium: 27.54mg (2.75%), Magnesium: 10.56mg (2.64%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.21mg (1.39%), Selenium: 0.88µg (1.25%)