



Layered Spicy Black Bean and Cheddar Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup avocado pitted mashed
- ☐ 15 ounce black beans low-sodium rinsed drained canned
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 cup cream sour reduced-fat
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.3 cup onion red divided chopped
- ☐ 1 cup salsa jarred

- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon all the tabasco sauce you handle
- ☐ 0.3 cup tomatoes chopped
- ☐ 1 bag tortilla chips good for serving (such as food should taste

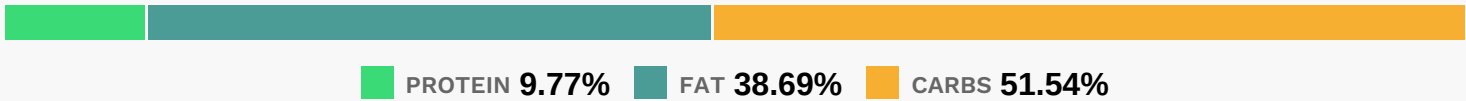
Equipment

- ☐ bowl

Directions

- ☐ Mash avocado, lime juice, lime zest, and half of the salt and pepper in a bowl; set aside.
- ☐ Mash beans, Tabasco, and remaining salt and pepper in another bowl.
- ☐ Place black bean mixture on the bottom of a 4-cup crock or glass bowl.
- ☐ Layer avocado mash on top of beans, then sprinkle with 1/4 cup of the red onion. Top with salsa, then with sour cream. Top with chopped tomato, scallions, and remaining red onion.
- ☐ Serve dip with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:11.094347793123%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 315.65kcal (15.78%), Fat: 14.09g (21.68%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 34.37g (12.5%), Sugar: 2.25g (2.5%), Cholesterol: 10.06mg (3.35%), Sodium: 656.94mg (28.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16.01%), Fiber: 7.89g (31.56%), Vitamin K: 20.56µg (19.58%), Phosphorus: 190.11mg (19.01%), Magnesium: 66.55mg (16.64%), Vitamin E: 2.29mg (15.29%), Folate: 60.95µg (15.24%), Potassium: 503.62mg (14.39%), Calcium: 116.66mg (11.67%), Vitamin B1: 0.17mg (11.44%), Vitamin B6: 0.23mg (11.27%), Iron: 1.95mg (10.81%), Manganese: 0.21mg (10.74%), Copper: 0.21mg (10.54%), Vitamin B2: 0.17mg (9.78%), Vitamin B5: 0.9mg (9.04%), Vitamin C: 6.91mg (8.38%), Zinc: 1.19mg (7.91%), Vitamin B3: 1.42mg (7.11%), Vitamin A: 353.26IU (7.07%), Selenium: 3.72µg (5.31%), Vitamin B12: 0.12µg (2.01%)