



WHATSheATE



Layered Spicy Black Bean Dip



Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

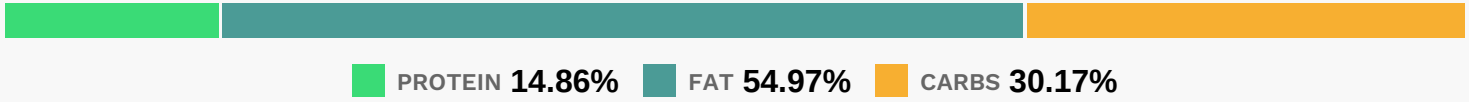
- ☐ 16 oz spicy black bean dip
- ☐ 8 servings tortilla and corn chips assorted
- ☐ 8 oz cream cheese softened
- ☐ 8 servings toppings: green onions sliced chopped
- ☐ 8 oz mexican cheese blend shredded

Equipment

Directions

- ☐ Layer cream cheese, dip, and cheese in a 1-qt. serving dish.
- ☐ Add toppings, and serve with chips.
- ☐ Note: For testing purposes only, we used Desert Pepper Trading Company Spicy Black Bean Dip.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:8.3308695140092%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 407.69kcal (20.38%), Fat: 25.26g (38.86%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 26.3g (9.56%), Sugar: 8.25g (9.17%), Cholesterol: 55.57mg (18.52%), Sodium: 355.6mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.73%), Calcium: 248.32mg (24.83%), Phosphorus: 219.72mg (21.97%), Fiber: 4.91g (19.62%), Vitamin K: 19.58µg (18.64%), Vitamin A: 628.22IU (12.56%), Selenium: 7.96µg (11.37%), Vitamin B2: 0.18mg (10.57%), Iron: 1.88mg (10.45%), Zinc: 1.4mg (9.37%), Vitamin E: 1.34mg (8.91%), Magnesium: 34.36mg (8.59%), Vitamin B12: 0.41µg (6.85%), Vitamin B5: 0.57mg (5.68%), Vitamin B6: 0.09mg (4.35%), Vitamin B1: 0.06mg (3.7%), Potassium: 129.04mg (3.69%), Folate: 13.44µg (3.36%), Copper: 0.04mg (2.22%), Vitamin B3: 0.32mg (1.62%), Vitamin C: 1.13mg (1.37%)