



Lime-Spiked Black Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce black beans rinsed drained canned
- 1 cup carrots grated
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic minced
- 0.3 cup spring onion finely chopped
- 0.1 teaspoon ground pepper red
- 0.5 cup juice of lime fresh (2 limes)
- 0.3 teaspoon salt

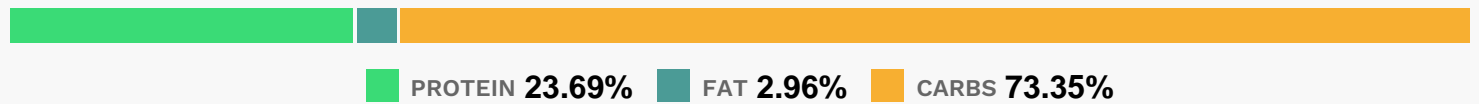
Equipment

- food processor
- bowl

Directions

- Place beans in a food processor, and pulse until almost smooth.
- Combine the beans, carrot, and the remaining ingredients in a medium bowl, stirring until well blended.
- Let stand 30 minutes.
- Serve with baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:2.0978261044492%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 21.77kcal (1.09%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 98.61mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin A: 552.54IU (11.05%), Fiber: 1.59g (6.36%), Folate: 14.35µg (3.59%), Manganese: 0.06mg (2.88%), Phosphorus: 24.92mg (2.49%), Iron: 0.43mg (2.38%), Potassium: 81.94mg (2.34%), Vitamin C: 1.84mg (2.23%), Vitamin B1: 0.03mg (2.21%), Copper: 0.04mg (2.2%), Magnesium: 8.25mg (2.06%), Vitamin K: 2.05µg (1.95%), Vitamin B2: 0.03mg (1.68%)