



Picante Black Bean Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans rinsed drained canned
- 12 servings baked wheat wheat crisps toasted pepperidge farm®
- 1 tablespoon juice of lime
- 1 teaspoon lime zest grated
- 0.5 cup picante sauce pace®

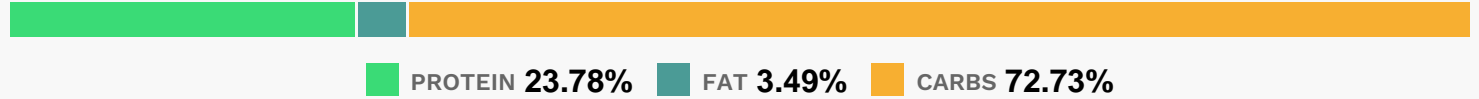
Equipment

- food processor
- blender

Directions

- Place the beans, picante sauce, lime juice and lime zest into a food processor or blender. Cover and process until the mixture is smooth and creamy.
- Serve the bean mixture with the crisps for dipping.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.757391307665%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 39.18kcal (1.96%), Fat: 0.16g (0.24%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 4.69g (1.7%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 207.18mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Fiber: 2.75g (11%), Folate: 22.49µg (5.62%), Manganese: 0.11mg (5.4%), Phosphorus: 45.41mg (4.54%), Copper: 0.09mg (4.33%), Iron: 0.74mg (4.13%), Magnesium: 16.45mg (4.11%), Potassium: 143.33mg (4.1%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.41mg (2.07%), Vitamin B6: 0.04mg (2.06%), Vitamin C: 1.59mg (1.92%), Zinc: 0.24mg (1.59%), Calcium: 15.85mg (1.58%), Vitamin A: 54.13IU (1.08%), Vitamin B5: 0.1mg (1.01%)