

## Pinto Bean Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce pinto beans rinsed drained canned
- 0.1 teaspoon cayenne pepper
- 0.1 teaspoon garlic powder
- 3 slices jalapeno canned
- 0.3 teaspoon onion powder
- 0.3 teaspoon paprika
- 1 teaspoon salt
- 0.5 teaspoon sugar white

1 tablespoon vinegar white

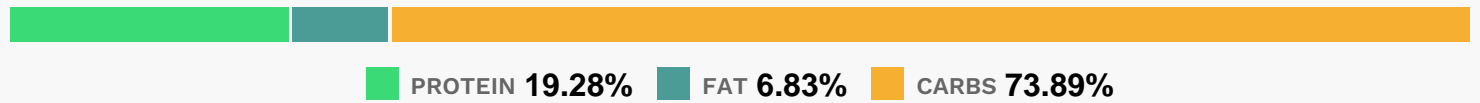
## Equipment

food processor

## Directions

Place pinto beans, vinegar, jalapeno pepper, salt, sugar, paprika, onion powder, garlic powder, and cayenne pepper in a food processor; blend until smooth.

## Nutrition Facts



## Properties

Glycemic Index:41.52, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:9.0839131020981%

## Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

## Nutrients (% of daily need)

Calories: 73.79kcal (3.69%), Fat: 0.58g (0.9%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 9.62g (3.5%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 579.1mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin C: 53.92mg (65.36%), Fiber: 4.58g (18.32%), Manganese: 0.28mg (13.77%), Vitamin E: 2.05mg (13.68%), Vitamin B6: 0.25mg (12.27%), Vitamin A: 543.48IU (10.87%), Vitamin K: 9.92µg (9.45%), Potassium: 311.66mg (8.9%), Phosphorus: 77.92mg (7.79%), Magnesium: 30.53mg (7.63%), Folate: 29.33µg (7.33%), Copper: 0.14mg (6.88%), Iron: 1.19mg (6.59%), Calcium: 39.74mg (3.97%), Vitamin B3: 0.78mg (3.89%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.47mg (3.14%), Vitamin B2: 0.04mg (2.62%), Vitamin B5: 0.24mg (2.41%)