

# Pinto Bean Spread

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



39 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 tablespoon butter softened
- 15 ounce pinto beans drained and rinsed canned
- 1 teaspoon dill weed dried
- 1 tablespoon parsley dried
- 1 clove garlic
- 2 tablespoons juice of lemon
- 1 cup nonfat cottage cheese
- 0.3 teaspoon lawry's seasoned salt

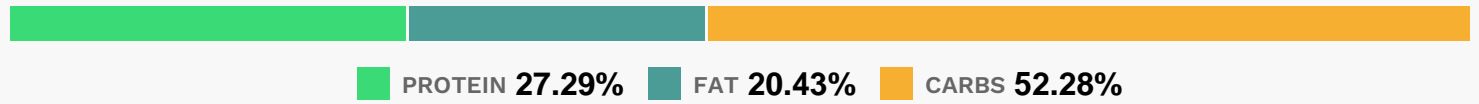
## Equipment

- food processor
- blender

## Directions

- In a blender or food processor, blend the pinto beans, cottage cheese, garlic, lemon juice, parsley, dill, butter, and seasoned salt until smooth. Chill at least 1 hour in the refrigerator before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.81, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:2.0852173929629%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 39.45kcal (1.97%), Fat: 0.91g (1.41%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.59g (0.66%), Cholesterol: 2.87mg (0.96%), Sodium: 166.48mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 0.11mg (5.29%), Phosphorus: 52.82mg (5.28%), Fiber: 1.27g (5.1%), Potassium: 101.03mg (2.89%), Magnesium: 11.28mg (2.82%), Calcium: 27.86mg (2.79%), Iron: 0.48mg (2.64%), Copper: 0.05mg (2.47%), Vitamin B2: 0.04mg (2.36%), Vitamin K: 2.32µg (2.21%), Folate: 8.28µg (2.07%), Selenium: 1.38µg (1.98%), Zinc: 0.23mg (1.52%), Vitamin C: 1.16mg (1.4%), Vitamin B6: 0.03mg (1.37%), Vitamin E: 0.19mg (1.25%), Vitamin B1: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.11%), Vitamin B5: 0.1mg (1.05%)