



Red-Red Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 1 Dash ground pepper red
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 bell peppers red
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste

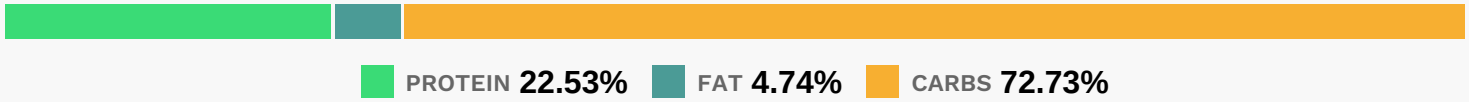
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel and chop.
- ☐ Place bell peppers and remaining ingredients in a food processor, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:1.7873912946038%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 13.58kcal (0.68%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 78.56mg (3.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 9.89mg (11.99%), Vitamin A: 249.52IU (4.99%), Fiber: 0.91g (3.64%), Manganese: 0.05mg (2.61%), Folate: 7.01µg (1.75%), Vitamin B6: 0.03mg (1.73%), Potassium: 60.71mg (1.73%), Phosphorus: 16.89mg (1.69%), Magnesium: 5.34mg (1.33%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.25%), Copper: 0.02mg (1.24%), Vitamin E: 0.16mg (1.1%)