



## Salsa-Lime-Bean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz refried beans traditional canned
- 0.3 cup salsa thick
- 0.3 cup cream sour
- 1 tablespoon juice of lime
- 0.5 teaspoon ground cumin
- 1 medium clove garlic finely chopped
- 0.3 teaspoon salt
- 0.5 cup tomatoes seeded finely chopped

- 2 tablespoons cilantro leaves fresh chopped
- 30 tortilla chips

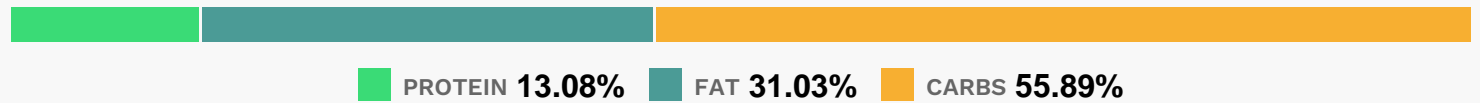
## Equipment

- bowl

## Directions

- In medium bowl, stir together beans, salsa, 2 tablespoons of the sour cream, the lime juice, cumin, garlic and salt until well blended.
- Transfer mixture to shallow serving bowl.
- Sprinkle tomato evenly over bean mixture. Top with dollops of remaining 2 tablespoons sour cream; sprinkle with cilantro.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:14.4, Glycemic Load:1.28, Inflammation Score:-2, Nutrition Score:2.1486956483644%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 88.7kcal (4.43%), Fat: 3.03g (4.66%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 9.66g (3.51%), Sugar: 1.88g (2.08%), Cholesterol: 3.39mg (1.13%), Sodium: 393.55mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Fiber: 2.62g (10.49%), Iron: 0.67mg (3.73%), Vitamin A: 174.44IU (3.49%), Calcium: 34.65mg (3.47%), Vitamin E: 0.47mg (3.12%), Phosphorus: 29.69mg (2.97%), Vitamin K: 3.1µg (2.95%), Magnesium: 10.51mg (2.63%), Vitamin C: 1.77mg (2.14%), Vitamin B6: 0.04mg (2.04%), Potassium: 63.17mg (1.8%), Vitamin B5: 0.15mg (1.5%), Vitamin B1: 0.02mg (1.36%), Manganese: 0.03mg (1.28%), Vitamin B2: 0.02mg (1.2%), Zinc: 0.18mg (1.19%), Copper: 0.02mg (1.04%), Vitamin B3: 0.21mg (1.04%), Selenium:

0.72µg (1.02%)