



Salsa-Lime-Bean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 medium clove garlic finely chopped
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime
- 16 oz refried beans canned
- 0.3 cup salsa thick
- 0.3 teaspoon salt
- 0.3 cup cream sour

0.5 cup tomatoes seeded finely chopped

30 tortilla chips

Equipment

bowl

Directions

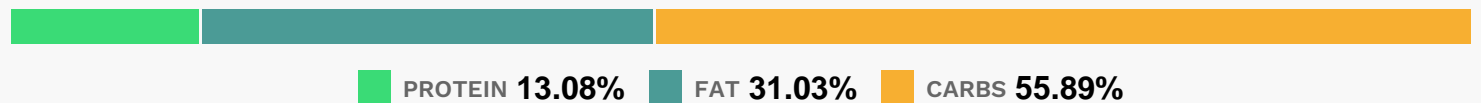
In medium bowl, stir together beans, salsa, 2 tablespoons of the sour cream, the lime juice, cumin, garlic and salt until well blended.

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%)