



## Smoky Black Bean Dip

READY IN



40 min.

SERVINGS



32

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 oz black beans rinsed canned
- 15.3 oz regular corn drained canned
- 1 cup chipotle cheese shredded kraft
- 8 oz philadelphia cream cheese softened
- 0.3 cup milk
- 0.5 cup panko bread crumbs
- 0.5 cup pasilla peppers red chopped
- 1 Tbsp a.1. rub mesquite bbq sweet dry

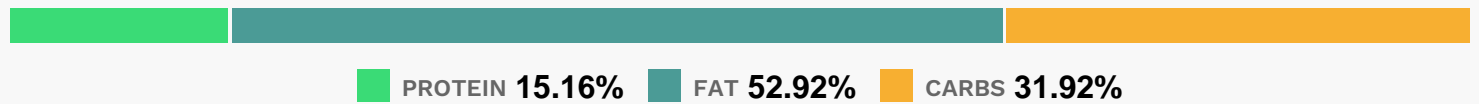
# Equipment

oven

# Directions

- Heat oven to 375F.
- Combine bread crumbs and A.1.; stir in chipotle cheese.
- Reserve 3/4 cup chipotle cheese mixture.
- Combine remaining cheese mixture with remaining ingredients; spread onto bottom of 9-inch pie plate sprayed with cooking spray. Top with reserved cheese mixture.
- Bake 25 min. or until heated through.

# Nutrition Facts



# Properties

Glycemic Index:3.88, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.3917391416819%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 67.14kcal (3.36%), Fat: 4g (6.15%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.53g (0.59%), Cholesterol: 10.92mg (3.64%), Sodium: 126.11mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Phosphorus: 47.94mg (4.79%), Vitamin C: 3.58mg (4.34%), Calcium: 42.23mg (4.22%), Vitamin A: 210.37IU (4.21%), Fiber: 1.02g (4.09%), Folate: 15.65µg (3.91%), Vitamin B2: 0.06mg (3.44%), Manganese: 0.06mg (2.98%), Selenium: 2.07µg (2.95%), Vitamin B1: 0.04mg (2.33%), Potassium: 79.14mg (2.26%), Magnesium: 8.92mg (2.23%), Iron: 0.4mg (2.19%), Zinc: 0.31mg (2.04%), Copper: 0.04mg (1.8%), Vitamin B3: 0.29mg (1.43%), Vitamin K: 1.42µg (1.35%), Vitamin B6: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.11%)