



Smoky Black Bean Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 30 ounce black beans undrained canned
- ☐ 1 teaspoon chipotle sauce canned seeded chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 small bell pepper red seeded chopped

☐ 0.5 cup cream sour

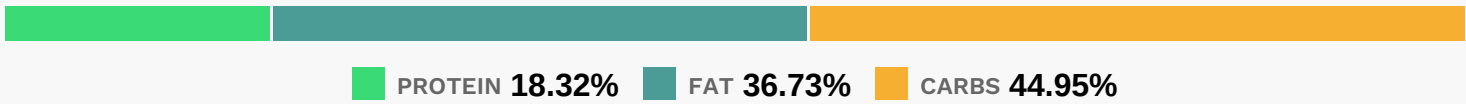
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in heavy large skillet over medium heat until crisp, about 6 minutes.
- ☐ Drain on paper towels. Coarsely chop bacon.
- ☐ Pour off all but 1 tablespoon drippings from skillet.
- ☐ Add onion and bell pepper; sauté until onion is soft, about 6 minutes.
- ☐ Add cumin and oregano; sauté 1 minute.
- ☐ Add beans with their liquid and chipotles. Simmer over medium-low heat until slightly thickened, stirring occasionally, about 5 minutes.
- ☐ Transfer 1 cup bean mixture to processor. Blend until smooth. Stir blended mixture into remaining bean mixture. Season with salt and pepper.
- ☐ Transfer to bowl. Cover and refrigerate 2 hours. (Can be made 2 days ahead. Chill dip and bacon separately.)Stir half of bacon into dip. Top with sour cream.
- ☐ Sprinkle with cilantro and remaining bacon.
- ☐ Serve dip chilled or at room temperature.
- ☐ *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:18.743913124437%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 363.66kcal (18.18%), Fat: 15.13g (23.28%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 25.64g (9.32%), Sugar: 3.45g (3.83%), Cholesterol: 31.48mg (10.49%), Sodium: 974.49mg (42.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Fiber: 16.02g (64.07%), Vitamin C: 31.79mg (38.54%), Folate: 145.9µg (36.48%), Phosphorus: 297.66mg (29.77%), Manganese: 0.58mg (28.94%), Vitamin B1: 0.39mg (25.93%), Iron: 4.55mg (25.27%), Potassium: 822.22mg (23.49%), Copper: 0.44mg (22.04%), Magnesium: 86.54mg (21.64%), Vitamin B2: 0.35mg (20.4%), Vitamin A: 796.47IU (15.93%), Vitamin B6: 0.28mg (13.9%), Vitamin B3: 2.47mg (12.34%), Selenium: 8.43µg (12.05%), Calcium: 118.63mg (11.86%), Zinc: 1.62mg (10.77%), Vitamin B5: 0.71mg (7.06%), Vitamin E: 0.56mg (3.74%), Vitamin K: 3.64µg (3.46%), Vitamin B12: 0.17µg (2.84%)