



South-of-the-Border Layered Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 oz black beans rinsed drained canned
- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons mole paste
- ☐ 1.8 oz feta cheese crumbled
- ☐ 2 cups cilantro leaves fresh loosely packed
- ☐ 1 clove garlic minced
- ☐ 4 oz chilies diced green canned
- ☐ 0.3 cup taco sauce green

- ☐ 1 cup onion finely chopped
- ☐ 2 teaspoons salad oil

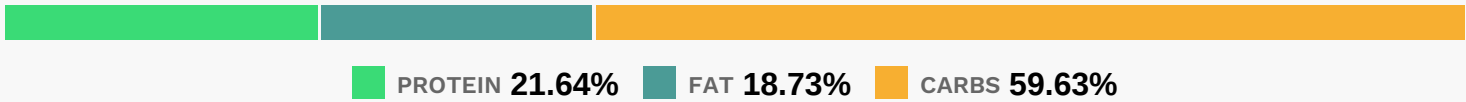
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ To a 10- to 12-inch nonstick frying pan over medium-high heat, add oil, onion, and garlic. Stir often until onion is tinged golden, about 4 minutes.
- ☐ Add mole and 1/2 cup broth. Stir to incorporate mole and cook until most of the liquid evaporates, about 4 minutes more; remove from heat.
- ☐ Add beans, mashing about half of them to thicken the mixture. If mixture is too thick for dipping easily, stir in 1 tablespoon broth at a time until mixture is the desired consistency.
- ☐ Spread bean mixture 3/4 inch thick on a serving platter; set aside. (If making ahead, cover and chill until next day.)
- ☐ In a food processor or blender, combine the cilantro, chilies, and salsa. Whirl or grind until mixture forms a paste as thick as pesto. Occasionally scrape paste from sides of container down into blade area. Spoon cilantro mixture over center of beans.
- ☐ Distribute cheese over the spread; surround with sliced vegetables.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:25.056086969116%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 294.01kcal (14.7%), Fat: 6.35g (9.76%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 28.06g (10.2%), Sugar: 4.57g (5.08%), Cholesterol: 11.63mg (3.88%), Sodium: 1241.96mg (54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Fiber: 17.41g (69.63%), Vitamin C: 52.4mg (63.51%), Vitamin A: 2146.31IU (42.93%), Folate: 153.89µg (38.47%), Manganese: 0.73mg (36.58%), Vitamin K: 34.82µg (33.16%), Phosphorus: 313.38mg (31.34%), Iron: 5.36mg (29.8%), Potassium: 968.9mg (27.68%), Vitamin B2: 0.46mg (27.28%), Copper: 0.53mg (26.45%), Vitamin B1: 0.38mg (25.24%), Magnesium: 95.82mg (23.95%), Vitamin B6: 0.47mg (23.3%), Calcium: 169.83mg (16.98%), Vitamin E: 2.31mg (15.43%), Zinc: 1.89mg (12.59%), Vitamin B3: 2.46mg (12.31%), Selenium: 6.08µg (8.68%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.22µg (3.59%)