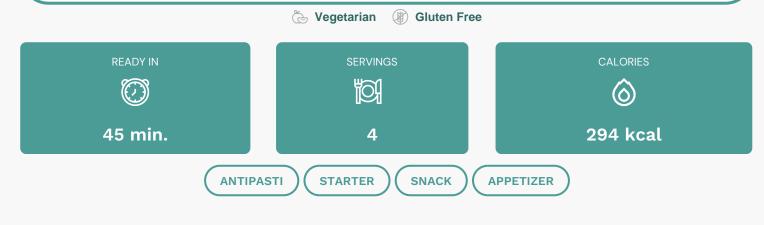


# South-of-the-Border Layered Dip



# Ingredients

30 02 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	
Diı	rections	
	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		
	PROTEIN 21.64% FAT 18.73% CARBS 59.63%	
Properties		

## **Properties**

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

#### **Flavonoids**

Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: O.26mg, Kaempferol: O.26mg, Kaempferol: O.26mg, Kaempferol: O.26mg, Myricetin: O.02mg, Myricetin: O.02

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 %: O% (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%)