



Southwest Avocado Bean Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 avocado
- 15.5 oz black beans rinsed canned
- 0.5 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh chopped
- 10 oz regular corn frozen thawed
- 0.3 tsp ground cumin
- 1 juice of lime
- 1 tomatoes chopped

Equipment

bowl

Directions

- Mash avocado in medium bowl; stir in sour cream, lime juice and cumin.
- Add all remaining ingredients; mix well.
- Refrigerate 15 min.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.9365217374719%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 36.6kcal (1.83%), Fat: 1.37g (2.1%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 3.81g (1.38%), Sugar: 0.28g (0.31%), Cholesterol: 2.26mg (0.75%), Sodium: 58.41mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Fiber: 1.56g (6.22%), Folate: 16.39µg (4.1%), Potassium: 105.26mg (3.01%), Manganese: 0.06mg (2.99%), Phosphorus: 29.92mg (2.99%), Vitamin C: 2.32mg (2.81%), Magnesium: 10.1mg (2.53%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.04mg (2.22%), Iron: 0.39mg (2.15%), Copper: 0.04mg (2.14%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.34mg (1.69%), Vitamin A: 66.4IU (1.33%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.12mg (1.19%), Vitamin K: 1.17µg (1.12%), Calcium: 10.5mg (1.05%)