



Southwestern Black Bean Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz beer
- ☐ 30 oz black beans rinsed drained canned
- ☐ 14.5 oz canned tomatoes diced with chilies canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup onion red chopped

Equipment

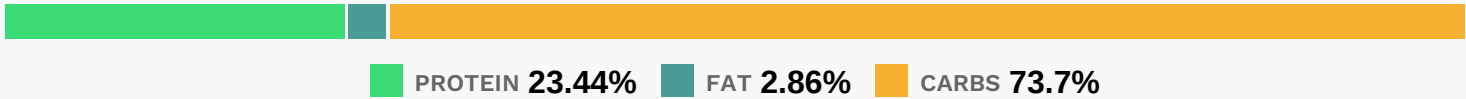
- ☐ food processor
- ☐ frying pan

blender

Directions

In a 3- to 4-quart pan over medium-high heat, bring beans, tomatoes, 1/4 cup onion, and beer to a boil. Lower heat and cook, stirring occasionally, until most of the liquid is absorbed and remaining liquid is thick, 35 to 45 minutes. If a smooth consistency is desired, whirl in a blender or food processor until smooth. Stir in remaining 1/4 cup onion and the cilantro.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:11.855652124985%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 178.78kcal (8.94%), Fat: 0.52g (0.8%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 19.46g (7.08%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 646.45mg (28.11%), Alcohol: 2.95g (100%), Alcohol %: 1.24% (100%), Protein: 9.6g (19.21%), Fiber: 10.73g (42.92%), Folate: 99.84µg (24.96%), Manganese: 0.41mg (20.6%), Iron: 3.42mg (19.02%), Phosphorus: 181.2mg (18.12%), Potassium: 612.21mg (17.49%), Copper: 0.33mg (16.57%), Vitamin B1: 0.24mg (16.01%), Magnesium: 63.36mg (15.84%), Vitamin C: 11.55mg (13.99%), Vitamin B2: 0.23mg (13.67%), Vitamin B6: 0.21mg (10.34%), Vitamin B3: 1.78mg (8.92%), Calcium: 77.83mg (7.78%), Zinc: 0.9mg (5.99%), Vitamin K: 6.17µg (5.88%), Vitamin B5: 0.4mg (3.97%), Vitamin A: 176.07IU (3.52%), Selenium: 2.44µg (3.49%), Vitamin E: 0.5mg (3.35%)