



Southwestern Salsa Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 2 drops hot sauce
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup bottled salsa
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

Directions

☐ Stir together all ingredients in a medium bowl. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.3543478095013%

Nutrients (% of daily need)

Calories: 51.45kcal (2.57%), Fat: 0.96g (1.48%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 5.07g (1.85%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 354.65mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Fiber: 3.29g (13.14%), Folate: 26.73µg (6.68%), Manganese: 0.12mg (6.07%), Phosphorus: 52.19mg (5.22%), Potassium: 181.59mg (5.19%), Iron: 0.9mg (4.98%), Copper: 0.09mg (4.72%), Magnesium: 17.82mg (4.45%), Vitamin B1: 0.07mg (4.43%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.06mg (2.9%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.35mg (2.36%), Calcium: 20.4mg (2.04%), Vitamin C: 1.67mg (2.02%), Vitamin A: 95.63IU (1.91%), Zinc: 0.27mg (1.79%), Vitamin K: 1.31µg (1.24%), Vitamin B5: 0.12mg (1.18%), Selenium: 0.73µg (1.04%)