



WHATSheATE



Spicy bean & corn dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



671 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 395 g kidney beans canned
- ☐ 400 g jicama mixed drained canned
- ☐ 326 g regular corn drained canned
- ☐ 1 small onion red chopped
- ☐ 1 to 5 chilies red deseeded chopped
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 350 g tortilla chip crumbs

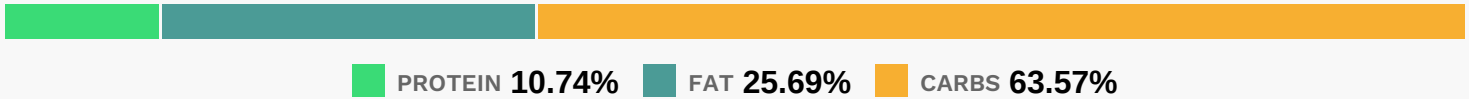
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, whizz threequarters of the kidney beans and half the mixed beans until smooth. Tip into a bowl and add the remaining ingredients with some seasoning.
- ☐ Serve with crunchy vegetable sticks and tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:51.45, Glycemic Load:14.69, Inflammation Score:-8, Nutrition Score:25.616521503614%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 13.38mg, Quercetin: 13.38mg, Quercetin: 13.38mg, Quercetin: 13.38mg

Nutrients (% of daily need)

Calories: 670.61kcal (33.53%), Fat: 20.01g (30.78%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 111.39g (37.13%), Net Carbohydrates: 91.81g (33.39%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 296.82mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Fiber: 19.58g (78.32%), Vitamin C: 44.61mg (54.07%), Folate: 178.67µg (44.67%), Phosphorus: 431.63mg (43.16%), Magnesium: 156.99mg (39.25%), Manganese: 0.73mg (36.61%), Vitamin K: 35.09µg (33.42%), Iron: 5.41mg (30.05%), Potassium: 971.68mg (27.76%), Vitamin B1: 0.4mg (26.56%), Vitamin B6: 0.52mg (26.17%), Vitamin E: 3.78mg (25.23%), Copper: 0.44mg (22.08%), Vitamin B5: 2.1mg (21.02%), Zinc: 3.02mg (20.1%), Vitamin B3: 3.07mg (15.35%), Calcium: 144.09mg (14.41%), Vitamin B2: 0.21mg (12.61%), Vitamin A: 480.58IU (9.61%), Selenium: 6.11µg (8.73%)