



Tex-Mex Pinto Bean Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



6 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 jalapeno seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 1 tablespoon frangelico toasted

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Equipment

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food processor

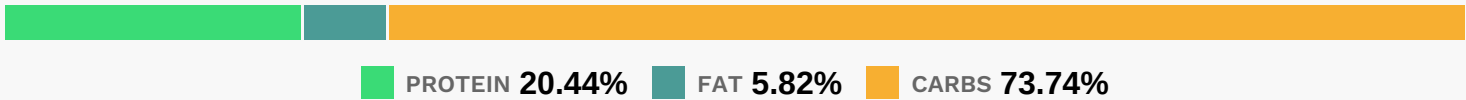
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bowl

Directions

- ☐ Place first 6 ingredients in a food processor, and process until smooth.
- ☐ Place bean mixture in a bowl. Stir in chopped tomato, and sprinkle with pumpkinseeds.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.43434782366714%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 6.35kcal (0.32%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 36.13mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Fiber: 0.35g (1.41%), Manganese: 0.03mg (1.25%)