



Warm Mexican bean dip with tortilla chips



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 onion chopped
- ☐ 1 tbsp olive oil
- ☐ 1 tsp brown sugar soft
- ☐ 1 tsp red-wine vinegar
- ☐ 1 tsp cajun spice
- ☐ 400 g beans mixed rinsed drained canned tinned
- ☐ 400 g canned tomatoes with garlic chopped canned tinned
- ☐ 1 handful cheddar cheese grated

☐ 100 g tortilla chips

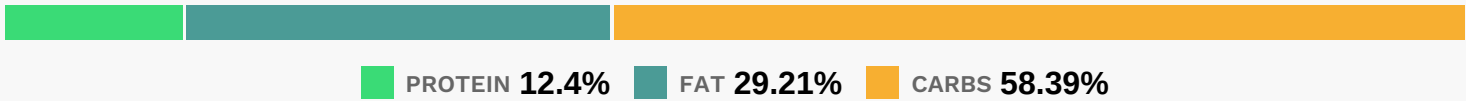
Equipment

☐ microwave

Directions

- ☐ Fry the chopped onion in olive oil until soft.
- ☐ Add soft brown sugar, wine vinegar and Cajun seasoning. Cook for 1 min then add the mixed beans and chopped tomatoes with garlic. Simmer for 10–15 mins until the sauce has thickened then season.
- ☐ Scatter handful grated cheddar onto tortilla chips. Microwave on High for 1 min until cheese has melted.
- ☐ Serve alongside the dip (top with some chopped avocado if you like). Make ahead and reheat dip before guests arrive.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:3.79, Inflammation Score:-4, Nutrition Score:6.7339130496687%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 139.43kcal (6.97%), Fat: 4.75g (7.31%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 16.76g (6.1%), Sugar: 4.22g (4.69%), Cholesterol: 0.13mg (0.04%), Sodium: 236.76mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Fiber: 4.61g (18.44%), Manganese: 0.26mg (12.99%), Phosphorus: 102.65mg (10.27%), Vitamin E: 1.42mg (9.44%), Magnesium: 37.48mg (9.37%), Potassium: 326.77mg (9.34%), Copper: 0.18mg (9.24%), Iron: 1.57mg (8.72%), Vitamin K: 8.65µg (8.24%), Vitamin B6: 0.16mg (8.01%), Vitamin B1: 0.12mg (7.69%), Vitamin C: 6.02mg (7.3%), Folate: 23.78µg (5.95%), Vitamin B3: 1.01mg (5.04%), Vitamin A: 251.01IU (5.02%), Calcium: 49.84mg (4.98%), Vitamin B2: 0.08mg (4.47%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.38mg (3.77%), Selenium: 1.53µg (2.18%)