

# Black Bean Dip

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 2 1/4 cups**

*1 can (15 ounce) black beans, rinsed and drained*

*1/2 cup Miracle Whip®*

*1/2 cup reduced calorie sour cream*

*1 can (4 ounce) chopped green chilies, drained*

*2 tablespoons cilantro, chopped*

*1 teaspoon chili powder*

*1/2 teaspoon garlic powder*

*few drops hot pepper sauce*

## **Preparation Time: 10 minutes**

In a bowl, mash the beans with a fork. Stir in the Miracle Whip, sour cream, green chilies, cilantro, chili powder, garlic powder and pepper sauce until well blended.

Chill.

Serve with tortilla chips.

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Per Serving (excluding unknown items): 1244 Calories; 59g Fat (42.0% calories from fat); 43g Protein; 141g Carbohydrate; 31g Dietary Fiber; 40mg Cholesterol; 803mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 11 Fat; 1 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1244
<b>% Calories from Fat:</b>	42.0%
<b>% Calories from Carbohydrates:</b>	44.4%
<b>% Calories from Protein:</b>	13.6%
<b>Total Fat (g):</b>	59g
<b>Saturated Fat (g):</b>	9g
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	40mg
<b>Carbohydrate (g):</b>	141g
<b>Dietary Fiber (g):</b>	31g
<b>Protein (g):</b>	43g
<b>Sodium (mg):</b>	803mg

<b>Vitamin B6 (mg):</b>	.6mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	1.8mg
<b>Riboflavin B2 (mg):</b>	.4mg
<b>Folacin (mcg):</b>	864mcg
<b>Niacin (mg):</b>	4mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	n n%

## **Food Exchanges**

<b>Grain (Starch):</b>	8
<b>Lean Meat:</b>	2 1/2
<b>Vegetable:</b>	0

**Potassium (mg):** 3102mg  
**Calcium (mg):** 292mg  
**Iron (mg):** 12mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 22mg  
**Vitamin A (i.u.):** 1603IU  
**Vitamin A (r.e.):** 161RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 11  
**Other Carbohydrates:** 1

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1244                      **Calories from Fat:** 523

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### % Daily Values\*

<b>Total Fat</b> 59g	91%
Saturated Fat 9g	44%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 803mg	33%
<b>Total Carbohydrates</b> 141g	47%
Dietary Fiber 31g	123%
<b>Protein</b> 43g	
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<b>Vitamin A</b>	32%
<b>Vitamin C</b>	37%
<b>Calcium</b>	29%
<b>Iron</b>	65%

\* Percent Daily Values are based on a 2000 calorie diet.