

Chipotle Black Bean Sauce

50 Burger Toppings
Food Network Magazine

1 cup canned black beans, drained
and rinsed
1 tablespoon sour cream
1 chipotle chile in adobo
juice of one lime
1/2 teaspoon ground cumin
1/2 teaspoon smoked paprika
1/2 teaspoon Kosher salt

In a food processor, puree the black beans, sour
cream, chipotle pepper, lime juice, cumin,
paprika and salt.

Can be used as a hamburger topping.

Per Serving (excluding unknown
items): 255 Calories; 5g Fat (19.2%
calories from fat); 15g Protein; 35g
Carbohydrate; 14g Dietary Fiber;
6mg Cholesterol; 1749mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 1
Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	255
% Calories from Fat:	19.2%
% Calories from Carbohydrates:	57.1%
% Calories from Protein:	23.8%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	6mg
Carbohydrate (g):	35g
Dietary Fiber (g):	14g
Protein (g):	15g
Sodium (mg):	1749mg
Potassium (mg):	39mg
Calcium (mg):	26mg
Iron (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2

Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 126IU
Vitamin A (r.e.): 35 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	255	Calories from Fat: 49
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% Daily Values*

Total Fat	5g	8%
Saturated Fat	2g	9%
Cholesterol	6mg	2%
Sodium	1749mg	73%
Total Carbohydrates	35g	12%
Dietary Fiber	14g	56%
Protein	15g	

Vitamin A	3%
Vitamin C	0%
Calcium	3%
Iron	4%

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