

Vegetarian Bean Dip

Yield: 10 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/bean-dip-with-italian-dressing-recipe>

Ingredients:

- 1 can black beans
- 1 can kidney beans
- 1 can black eyed peas
- 1 can yellow corn
- 1 can white corn
- 1 cup cherry tomatoes sliced
- 1 white onion medium
- 2 jalapeños
- 1 Hass avocado
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili flakes red pepper
- salt
- pepper
- Italian dressing your choice

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 39 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 1 grams

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