

Yummy Mexican Dip (Low Calorie)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-mocha-low-calorie-recipe>

Ingredients:

- 1 cup black bean reduced sodium, drained & rinsed
- 1 can whole kernel corn drained
- 1 cup diced tomatoes
- 2 sliced green onions
- 1 jalapeno seeded & finely diced
- 3/4 teaspoon cumin
- 1 teaspoon chili powder
- 1 lime juiced
- 1/4 cup cilantro leaves chopped
- salt to taste
- pepper to taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fiber: 5 grams
4. Protein: 4 grams
5. Sodium: 390 milligrams
6. Sugar: 2 grams

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