

# Black Bean Sauce

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-chinese-black-bean-sauce-recipe>

## Ingredients:

- 15 ounces black beans undrained
- 1 tablespoon low sodium soy sauce
- 1 teaspoon gingerroot grated peeled
- 1/2 teaspoon grated orange rind
- 1/8 teaspoon crushed red pepper
- 1 garlic clove minced

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 19 grams
3. Fiber: 8 grams
4. Protein: 7 grams
5. Sodium: 540 milligrams

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