

# Easy Black Bean Dip with Whole Wheat Pita Chips

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-black-bean-dip>

## Ingredients:

- 2 whole whole wheat pita bread rounds of, or four halves
- olive oil
- sea salt
- kosher salt
- 1 can black beans
- 2 tablespoons liquid from can of beans
- fresh lemon juice squeeze of
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon coriander
- 1/4 teaspoon cumin
- 1 dash cayenne pepper
- 1 pinch salt

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 77 grams
3. Fat: 12 grams
4. Fiber: 20 grams
5. Protein: 19 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 2090 milligrams
8. Sugar: 2 grams

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