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## Prairie Fire Bean Dip ♦♦

A spicy and flavorful bean dip inspired by the prairies. This dip is perfect for parties and gatherings. It can be served with tortilla chips or as a topping for tacos and nachos.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	canned black beans
<b>400 g</b>	canned kidney beans
<b>200 g</b>	canned diced tomatoes
<b>50 g</b>	Jalapeno Peppers
<b>100 g</b>	red onion
<b>10 g</b>	garlic cloves

<b>30 ml</b>	Lime juice
<b>2 tsp</b>	cumin powder
<b>1 tsp</b>	chili powder
<b>1 tsp</b>	salt
<b>20 g</b>	Cilantro

## Directions

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### Step 1

Rinse and drain the black beans and kidney beans.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Dice the jalapeno peppers, red onion, and garlic cloves.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the black beans, kidney beans, diced tomatoes, jalapeno peppers, red onion, garlic cloves, lime juice, cumin powder, chili powder, salt, and cilantro. Mix well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Transfer the mixture to a serving dish and refrigerate for at least 1 hour to allow the flavors to meld.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve the Prairie Fire Bean Dip with tortilla chips or as a topping for tacos and nachos.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat: 1 g**

**Protein: 8 g**

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Picnic Game Day

### Cuisines

Mexican French Mediterranean German American

### Meal Type

Breakfast Lunch Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber

### Kitchen Tools

Blender

### Course

Appetizers

### Difficulty Level

Medium

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