



Amy's Creamy Black Bean Corn Salsa

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1.5 cups regular corn frozen thawed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.8 cup bell pepper green minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper black

- ☐ 0.3 cup mayonnaise
- ☐ 1 cup bell pepper red minced
- ☐ 0.5 cup onion red minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

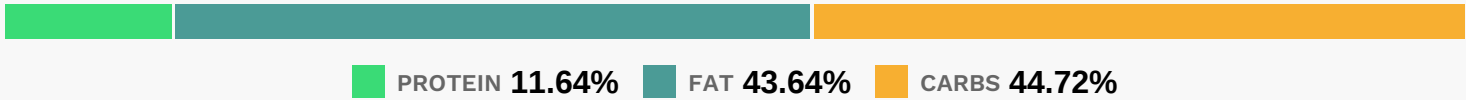
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine black beans, corn, red bell pepper, green bell pepper, onion, and parsley together in a bowl.
- ☐ Whisk sour cream, mayonnaise, red wine vinegar, cumin, chili powder, salt, garlic powder, and black pepper together in a separate bowl; pour over vegetable-bean mixture. Toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:5.1456522159278%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 84.66kcal (4.23%), Fat: 4.3g (6.62%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 7.18g (2.61%), Sugar: 1.05g (1.17%), Cholesterol: 5.71mg (1.9%), Sodium: 203.32mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin C: 20.15mg (24.43%), Fiber: 2.74g (10.96%), Vitamin K: 11.07µg (10.54%), Vitamin A: 426.05IU (8.52%), Folate: 29.39µg (7.35%), Manganese: 0.12mg (6.15%), Phosphorus: 55.14mg (5.51%), Potassium: 183.76mg (5.25%), Vitamin B6: 0.1mg (4.92%), Iron: 0.83mg (4.61%), Magnesium: 18.23mg (4.56%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.07mg (4.2%), Copper: 0.07mg (3.62%), Vitamin B3: 0.59mg (2.93%), Vitamin E: 0.37mg (2.47%), Zinc: 0.34mg (2.25%), Calcium: 22.15mg (2.21%), Vitamin B5: 0.17mg (1.7%), Selenium: 0.89µg (1.28%)