



Avocado-Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chipotles in adobo sauce canned minced
- ☐ 2 avocados diced
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 14.4 ounce canned tomatoes diced with juice canned
- ☐ 0.3 cup cilantro leaves fresh packed chopped
- ☐ 1 cup corn kernels fresh frozen thawed (1 ear)
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin

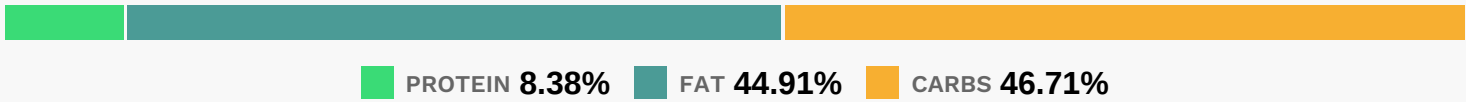
- ☐ 2 tablespoons olive oil light
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 10 servings tortilla chips

Equipment

Directions

- ☐ Combine first 10 ingredients, stirring until well blended. Fold in avocado, and serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:10.007391297299%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 284.98kcal (14.25%), Fat: 14.88g (22.89%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 26.96g (9.8%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 440.04mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Fiber: 7.86g (31.43%), Folate: 68.69µg (17.17%), Vitamin K: 17.31µg (16.49%), Vitamin E: 2.26mg (15.07%), Phosphorus: 145.47mg (14.55%), Magnesium: 56.78mg (14.19%), Potassium: 429.44mg (12.27%), Vitamin B5: 1.08mg (10.84%), Iron: 1.93mg (10.74%), Vitamin C: 8.55mg (10.36%), Vitamin B1: 0.15mg (10.13%), Vitamin B6: 0.2mg (10.05%), Manganese: 0.2mg (9.97%), Copper: 0.2mg (9.94%), Vitamin B2: 0.13mg (7.85%), Vitamin B3: 1.48mg (7.39%), Calcium: 65.87mg (6.59%), Zinc: 0.96mg (6.42%), Vitamin A: 283.5IU (5.67%), Selenium: 2.14µg (3.05%)