



## BBQ Black Bean Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

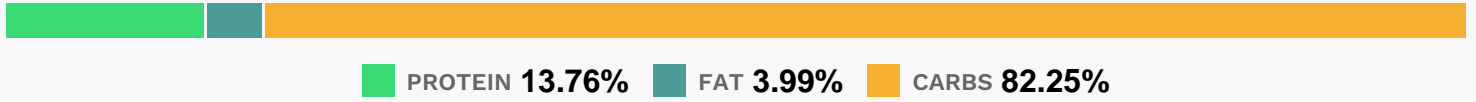
- 0.8 cup original barbecue sauce kraft
- 15.5 oz black beans rinsed canned
- 10 oz regular corn frozen thawed drained
- 0.5 cup taco bell® & chunky salsa thick

### Equipment

### Directions

Combine ingredients.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.074782620306%

## Nutrients (% of daily need)

Calories: 216.87kcal (10.84%), Fat: 1.02g (1.56%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 38.63g (14.05%), Sugar: 15.23g (16.93%), Cholesterol: 0mg (0%), Sodium: 952.74mg (41.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Fiber: 8.51g (34.02%), Folate: 78.19µg (19.55%), Manganese: 0.38mg (18.89%), Potassium: 603.98mg (17.26%), Phosphorus: 161.14mg (16.11%), Magnesium: 58.38mg (14.59%), Iron: 2.44mg (13.55%), Vitamin B1: 0.2mg (13.36%), Copper: 0.25mg (12.27%), Vitamin B6: 0.23mg (11.39%), Vitamin B2: 0.19mg (11.04%), Vitamin B3: 2.05mg (10.23%), Vitamin C: 7.21mg (8.74%), Zinc: 1mg (6.64%), Calcium: 54.46mg (5.45%), Vitamin A: 226.68IU (4.53%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.66mg (4.4%), Selenium: 2.39µg (3.41%), Vitamin K: 1.86µg (1.78%)