



Bean and Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup black beans canned rinsed drained
- ☐ 0.3 cup ears corn fresh
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatillos chopped (2 medium)

- ☐ 3 cups tomatoes seeded chopped (3 medium)
- ☐ 0.8 cup onion sweet chopped

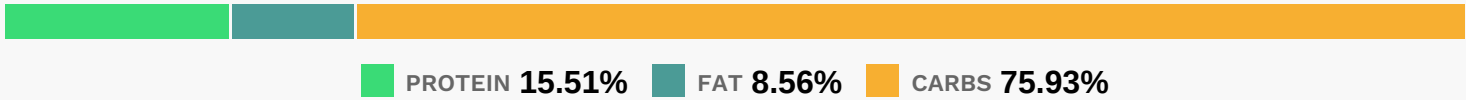
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:2.2104347879472%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 13.96kcal (0.7%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 89mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin K: 10.97µg (10.45%), Vitamin C: 6.22mg (7.54%), Vitamin A: 285.44IU (5.71%), Manganese: 0.06mg (3.16%), Potassium: 106.58mg (3.05%), Fiber: 0.75g (3.01%), Folate: 9.76µg (2.44%), Vitamin B6: 0.04mg (1.98%), Magnesium: 6.87mg (1.72%), Copper: 0.03mg (1.62%), Vitamin B3: 0.32mg (1.6%), Phosphorus: 15.92mg (1.59%), Vitamin B1: 0.02mg (1.57%), Iron: 0.22mg (1.24%), Vitamin E: 0.18mg (1.19%)