



Black Bean and Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



16

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons balsamic vinegar
- 60 ounce black beans rinsed drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 16 ounce regular corn frozen thawed
- 1 tablespoon garlic minced
- 1 bell pepper diced green
- 1 teaspoon ground cumin

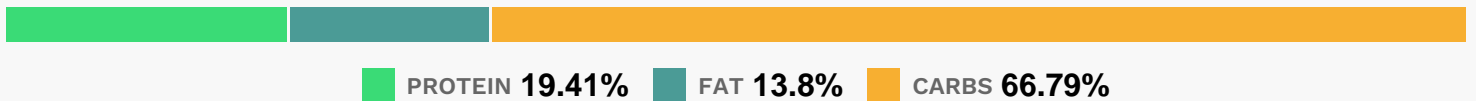
- 0.3 teaspoon hot sauce to taste
- 0.7 cup olive oil
- 1 orange bell pepper diced
- 0.3 onion red finely chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1 bell pepper diced yellow

Equipment

Directions

- Stir the black beans, yellow bell pepper, orange bell pepper, green bell pepper, red onion, corn, olive oil, red wine vinegar, balsamic vinegar, apple cider vinegar, salt, cumin, cilantro, garlic, and hot sauce together in a non-reactive container. Chill in refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:10.568695638491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 150.29kcal (7.51%), Fat: 2.41g (3.71%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 17.74g (6.45%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 558.43mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin C: 34.41mg (41.71%), Fiber: 8.53g (34.13%), Folate: 82.66µg (20.67%), Manganese: 0.34mg (17.1%), Phosphorus: 147.27mg (14.73%), Iron: 2.44mg (13.54%), Potassium: 466.62mg (13.33%), Vitamin B1: 0.19mg (12.73%), Magnesium: 49.99mg (12.5%), Copper: 0.24mg (11.85%), Vitamin B2: 0.16mg (9.66%), Vitamin B6: 0.17mg (8.45%), Vitamin B3: 1.32mg (6.61%), Vitamin A:

284.1IU (5.68%), Zinc: 0.83mg (5.54%), Calcium: 43.8mg (4.38%), Vitamin B5: 0.33mg (3.27%), Vitamin E: 0.41mg (2.73%), Selenium: 1.73µg (2.47%), Vitamin K: 2.1µg (2%)