



Black Bean-and-Corn Salsa



Vegetarian



Vegan

READY IN



15 min.

SERVINGS



15

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 small bell pepper green chopped
- ☐ 4 green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 teaspoon seasoned pepper
- ☐ 2 plum tomatoes seeded chopped
- ☐ 15 servings tortilla chips assorted
- ☐ 0.3 cup vinaigrette dressing italian
- ☐ 11 oz shoepeg corn drained canned

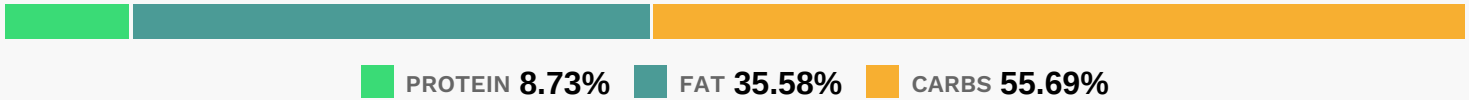
Equipment

- ☐ bowl

Directions

- ☐ Stir together black beans and next 11 ingredients in a medium bowl; cover and chill 1 to 24 hours.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:6.4982609230539%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 200.95kcal (10.05%), Fat: 8.3g (12.77%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 24.9g (9.06%), Sugar: 2.36g (2.63%), Cholesterol: 0mg (0%), Sodium: 284.61mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Fiber: 4.34g (17.36%), Vitamin K: 17.92µg (17.07%), Phosphorus: 117.36mg (11.74%), Magnesium: 42.24mg (10.56%), Vitamin C: 8.16mg (9.89%), Vitamin E: 1.31mg (8.72%), Folate: 28.74µg (7.18%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.11mg (7.05%), Potassium: 231.69mg (6.62%), Iron: 1.19mg (6.59%), Vitamin B6: 0.11mg (5.7%), Vitamin B5: 0.56mg (5.57%), Copper: 0.11mg (5.31%), Zinc:

0.69mg (4.6%), Calcium: 44.37mg (4.44%), Vitamin B3: 0.86mg (4.28%), Vitamin B2: 0.07mg (4.19%), Vitamin A: 143.16IU (2.86%), Selenium: 1.87µg (2.67%)