



Black Bean and Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup black beans canned drained
- ☐ 0.3 cup ears corn fresh frozen cooked (and , or and defrosted)
- ☐ 1 cup salsa fresh jarred

Equipment

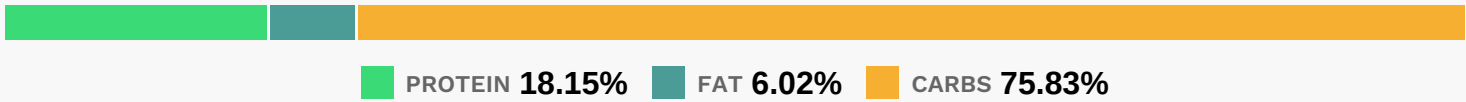
Directions

- ☐ Combine the salsa, black beans, and corn.

☐

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.3004347759744%

Nutrients (% of daily need)

Calories: 24.28kcal (1.21%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.03g (2.25%), Cholesterol: 0mg (0%), Sodium: 312.69mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Fiber: 1.4g (5.58%), Vitamin A: 219.58IU (4.39%), Potassium: 150.19mg (4.29%), Vitamin B6: 0.09mg (4.29%), Manganese: 0.08mg (3.78%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.64mg (3.18%), Magnesium: 11.24mg (2.81%), Phosphorus: 26.98mg (2.7%), Vitamin B1: 0.03mg (2.3%), Copper: 0.05mg (2.26%), Folate: 8.64µg (2.16%), Iron: 0.35mg (1.94%), Vitamin K: 1.84µg (1.75%), Vitamin C: 1.43mg (1.73%), Vitamin B2: 0.03mg (1.52%), Calcium: 14.76mg (1.48%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.15mg (1.02%)