



Black Bean-and-Fruit Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup black beans canned rinsed drained
- 1 tablespoon cilantro leaves fresh minced
- 1 garlic clove minced
- 1 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 0.5 cup mangos ripe cubed peeled
- 1 tablespoon olive oil extra-virgin

- 1 cup papaya diced peeled
- 0.5 teaspoon habanero pepper sauce
- 0.5 cup pineapple cubed
- 0.5 cup onion diced red

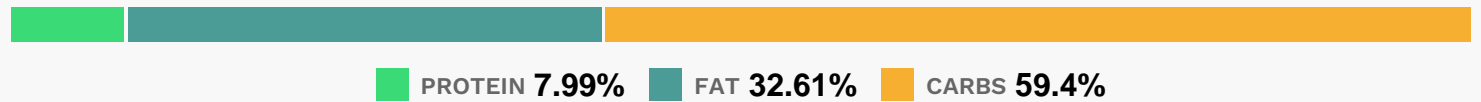
Equipment

- bowl

Directions

- Combine all ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:85.04, Glycemic Load:5.26, Inflammation Score:-6, Nutrition Score:7.4021739026775%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 101.07kcal (5.05%), Fat: 3.91g (6.01%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 12.81g (4.66%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 87.84mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 43.05mg (52.18%), Manganese: 0.36mg (17.87%), Fiber: 3.2g (12.78%), Vitamin A: 591.16IU (11.82%), Folate: 43.14µg (10.78%), Potassium: 238.45mg (6.81%), Copper: 0.12mg (6.12%), Magnesium: 24.33mg (6.08%), Iron: 1.03mg (5.73%), Vitamin B6: 0.11mg (5.68%), Vitamin E: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.05%), Vitamin K: 4.98µg (4.74%), Phosphorus: 41.93mg (4.19%), Vitamin B2: 0.06mg (3.49%), Calcium: 31.91mg (3.19%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.26mg (1.75%), Selenium: 0.89µg (1.27%)