



Black Bean-and-Mandarin Orange Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 11 ounce mandarin oranges undrained canned
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 commercially roasted pepper sweet red sliced
- ☐ 0.3 teaspoon salt

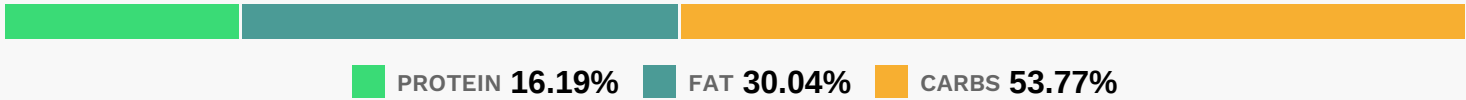
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Drain orange sections, reserving 1/3 cup juice.
- ☐ Combine orange sections, beans, red pepper, and cilantro in a large bowl.
- ☐ Whisk together reserved orange juice, olive oil, and next 3 ingredients; pour over orange mixture, tossing well.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:23.785217098568%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 438.02kcal (21.9%), Fat: 14.91g (22.93%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 39.04g (14.2%), Sugar: 10.97g (12.19%), Cholesterol: 0mg (0%), Sodium: 1460.57mg (63.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.15%), Fiber: 21.01g (84.02%), Vitamin C: 48.7mg (59.03%), Folate: 180.3µg (45.07%), Manganese: 0.72mg (36.21%), Iron: 5.98mg (33.23%), Vitamin B1: 0.49mg (32.79%), Phosphorus: 323.51mg (32.35%), Copper: 0.61mg (30.5%), Potassium: 1054.25mg (30.12%), Vitamin A: 1458.18IU (29.16%), Magnesium: 114.29mg (28.57%), Vitamin B2: 0.38mg (22.17%), Vitamin E: 2.18mg (14.54%), Zinc: 2.12mg (14.14%), Calcium: 122.25mg (12.23%), Vitamin B3: 2.29mg (11.46%), Vitamin B6: 0.22mg (11.17%), Vitamin K: 9.53µg (9.07%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.53mg (5.3%)