



## Black Bean and Mango Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

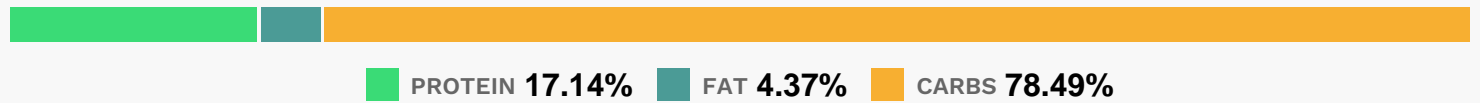
- 16 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves chopped
- 10 oz regular corn frozen thawed
- 0.3 cup juice of lime
- 1 cup mangos ripe chopped
- 1 env. seasons dressing mix italian good
- 0.3 cup onion red chopped
- 0.5 cup bell pepper red chopped

# Equipment

## Directions

- Mix all ingredients until well blended; cover.
- Refrigerate at least 1 hour.
- Serve with grilled chicken or tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:14.27, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:6.4369564937509%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 84.94kcal (4.25%), Fat: 0.45g (0.69%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 13.71g (4.98%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 184.14mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin C: 21.16mg (25.65%), Fiber: 4.47g (17.9%), Folate: 51.48µg (12.87%), Vitamin A: 453.86IU (9.08%), Manganese: 0.18mg (8.97%), Potassium: 284.14mg (8.12%), Phosphorus: 80.55mg (8.05%), Magnesium: 28.65mg (7.16%), Vitamin B1: 0.11mg (7.04%), Iron: 1.14mg (6.33%), Vitamin B6: 0.13mg (6.33%), Copper: 0.13mg (6.3%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.96mg (4.81%), Zinc: 0.49mg (3.29%), Vitamin K: 2.77µg (2.64%), Vitamin B5: 0.24mg (2.4%), Calcium: 21.78mg (2.18%), Vitamin E: 0.29mg (1.96%), Selenium: 0.96µg (1.37%)