



Black Bean and Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



6

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 cup freshly cilantro leaves chopped
- ☐ 6 servings coarse sea salt and pepper fresh black
- ☐ 1 tablespoon gingerroot fresh grated
- ☐ 1 juice of orange juiced
- ☐ 4 tablespoons juice of lime
- ☐ 1 tablespoon lime zest
- ☐ 1 mangos diced finely

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon orange zest
- ☐ 0.5 cup onion diced red finely
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 large tomatoes red quartered

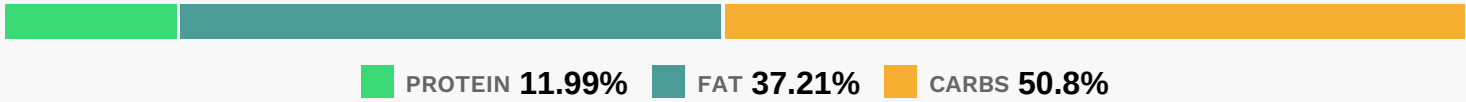
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Put the beans into a large bowl and add the diced mango, red onion, roasted tomatoes, grated ginger root, cilantro, lime zest, orange zest and juices and drizzle with the oil. Season with salt and pepper, to taste. Lightly toss, cover and refrigerate until ready to serve.;
- ☐ Preheat broiler on low. Quarter the tomatoes and place them on a baking sheet.
- ☐ Drizzle with olive oil, sprinkle with sea salt and fresh black pepper, to taste.
- ☐ Place in oven and broil for about 5 to 7 minutes until slightly golden brown and softened. Cool.;

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:11.07304354336%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg 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: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 173.4kcal (8.67%), Fat: 7.53g (11.58%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 16.41g (5.97%), Sugar: 7.96g (8.84%), Cholesterol: 0mg (0%), Sodium: 471.75mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin C: 34.2mg (41.45%), Fiber: 6.71g (26.86%), Vitamin A: 1091.94IU (21.84%), Folate: 75.88µg (18.97%), Vitamin K: 19.02µg (18.11%), Manganese: 0.3mg (15.19%), Potassium: 494.51mg (14.13%), Copper: 0.23mg (11.71%), Vitamin E: 1.75mg (11.67%), Phosphorus: 105.13mg (10.51%), Vitamin B1: 0.15mg (10.18%), Magnesium: 39.81mg (9.95%), Iron: 1.74mg (9.67%), Vitamin B6: 0.16mg (8.03%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.15mg (5.75%), Calcium: 44.78mg (4.48%), Zinc: 0.58mg (3.83%), Vitamin B5: 0.33mg (3.26%), Selenium: 1.27µg (1.81%)