



Black Bean-and-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 small bell pepper green chopped
- ☐ 4 green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 mangos peeled chopped
- ☐ 0.5 teaspoon seasoned pepper
- ☐ 2 plum tomatoes seeded chopped
- ☐ 15 servings tortilla chips assorted
- ☐ 0.3 cup vinaigrette dressing italian

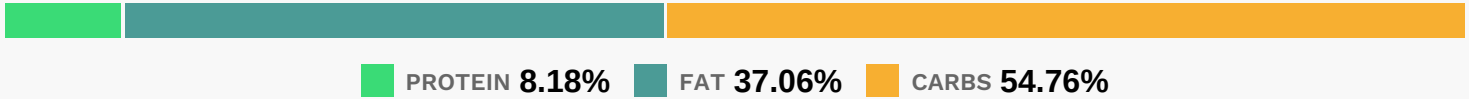
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 12 ingredients in a medium bowl; cover and chill 1 hour or up to 24 hours.
- ☐ Serve with tortilla chips.
- ☐ Black Bean-and-Corn Salsa: Substitute 1 (11-ounce) can shoepeg corn, drained, for mango. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:6.35739138852%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 189.07kcal (9.45%), Fat: 8.06g (12.4%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 22.8g (8.29%), Sugar: 2.65g (2.94%), Cholesterol: 0mg (0%), Sodium: 284.13mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin K: 18.42µg (17.54%), Fiber: 4g (16%), Vitamin C:

11.89mg (14.42%), Phosphorus: 100.17mg (10.02%), Vitamin E: 1.41mg (9.43%), Magnesium: 37.17mg (9.29%), Folate: 30.51µg (7.63%), Iron: 1.09mg (6.07%), Vitamin B1: 0.09mg (6.06%), Vitamin A: 292.06IU (5.84%), Potassium: 202.48mg (5.79%), Copper: 0.11mg (5.48%), Manganese: 0.11mg (5.27%), Vitamin B6: 0.1mg (5.2%), Calcium: 45.47mg (4.55%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.59mg (3.93%), Vitamin B2: 0.07mg (3.85%), Vitamin B3: 0.6mg (3.01%), Selenium: 1.79µg (2.55%)