



## Black Bean and Roasted Corn Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



32

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 11.8 oz honey sweet frozen
- 15 oz black beans rinsed drained canned
- 0.5 cup plum tomatoes chopped (Roma) (1 small)
- 1 tablespoon jalapeno seeded finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons onion red chopped
- 0.5 teaspoon ground cumin
- 0.5 teaspoon salt

- 2 tablespoons olive oil
- 1 tablespoon juice of lime
- 1 serving tortilla chips

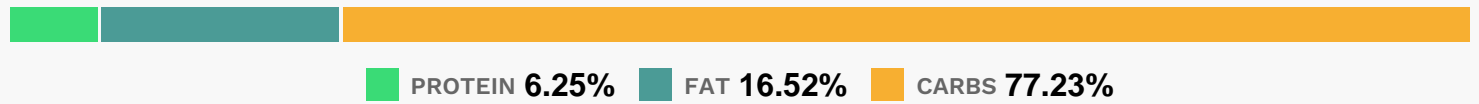
## Equipment

- bowl

## Directions

- Cook corn as directed on bag; cool 10 minutes.
- Meanwhile, in large bowl, mix remaining ingredients except tortilla chips. Stir in corn; mix well. Cover; refrigerate 1 hour to blend flavors.
- Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:5.82, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:1.2830434661845%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 57.03kcal (2.85%), Fat: 1.11g (1.71%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.64g (3.87%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 90.97mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Fiber: 1.06g (4.24%), Folate: 9.29µg (2.32%), Manganese: 0.05mg (2.31%), Vitamin C: 1.67mg (2.02%), Iron: 0.35mg (1.94%), Phosphorus: 18.16mg (1.82%), Potassium: 60.05mg (1.72%), Copper: 0.03mg (1.66%), Magnesium: 6.29mg (1.57%), Vitamin B1: 0.02mg (1.47%), Vitamin E: 0.2mg (1.31%), Vitamin B2: 0.02mg (1.29%), Vitamin K: 1.17µg (1.12%)