



Black Bean And Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 anaheim chili seeded chopped
- ☐ 0.7 cup avocado chopped ()
- ☐ 0.3 cup black beans rinsed drained
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tomatillos chopped (2 medium)

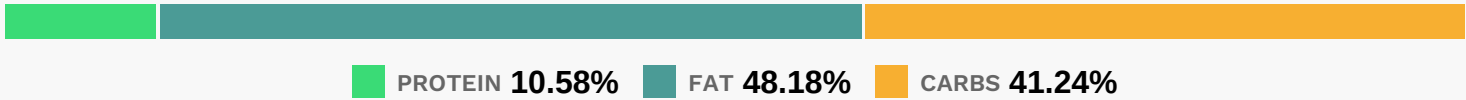
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a large bowl. Toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:4.3347826055858%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 67.39kcal (3.37%), Fat: 3.87g (5.96%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 194.5mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Fiber: 3.64g (14.54%), Folate: 43.37µg (10.84%), Vitamin K: 9.48µg (9.03%), Vitamin C: 6.86mg (8.32%), Manganese: 0.12mg (6.06%), Potassium: 211.24mg (6.04%), Magnesium: 20.05mg (5.01%), Copper: 0.09mg (4.48%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.41mg (4.09%), Vitamin E: 0.59mg (3.95%), Vitamin B1: 0.06mg (3.88%), Phosphorus: 38.36mg (3.84%), Vitamin B3: 0.73mg (3.64%), Iron: 0.53mg (2.94%), Vitamin B2: 0.05mg (2.76%), Vitamin A: 119.25IU (2.39%), Zinc: 0.35mg (2.35%)