



## Black Bean-Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups avocado diced peeled ( 2 small)
- 15 ounce black beans rinsed drained canned
- 2 tablespoons juice of lime fresh
- 0.3 cup onion red chopped
- 0.3 teaspoon salt

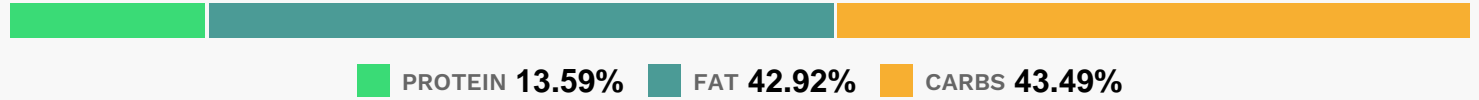
### Equipment

- bowl

## Directions

- Combine all ingredients in a bowl, and toss gently.
- Serve immediately, or cover and chill up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:5.58, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:4.4495652136595%

## 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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 74.65kcal (3.73%), Fat: 3.78g (5.82%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 186.5mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Fiber: 4.21g (16.82%), Folate: 42.96µg (10.74%), Potassium: 239.82mg (6.85%), Manganese: 0.12mg (6.22%), Copper: 0.12mg (5.9%), Vitamin C: 4.54mg (5.5%), Phosphorus: 52.91mg (5.29%), Magnesium: 20.3mg (5.07%), Vitamin K: 5.28µg (5.03%), Vitamin B1: 0.07mg (4.6%), Iron: 0.82mg (4.57%), Vitamin B2: 0.08mg (4.51%), Vitamin B6: 0.09mg (4.5%), Vitamin B5: 0.42mg (4.21%), Vitamin E: 0.52mg (3.49%), Vitamin B3: 0.66mg (3.32%), Zinc: 0.36mg (2.41%), Calcium: 16.81mg (1.68%)