



Black Bean Confetti Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup black beans canned rinsed drained
- ☐ 2 tablespoons whole-kernel corn frozen
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons plum tomatoes diced
- ☐ 1 tablespoon bell pepper diced red

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 2 tablespoons bell pepper diced yellow

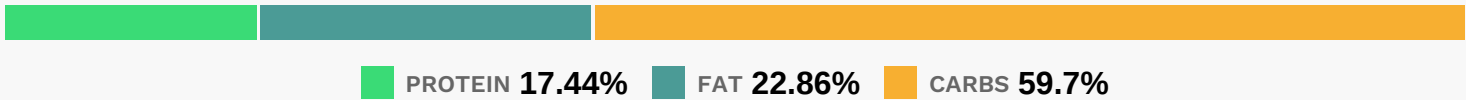
Equipment

- ☐ bowl

Directions

- ☐ Combine all the ingredients in a bowl.
- ☐ Serve relish chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:7.0373914293621%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 92.88kcal (4.64%), Fat: 2.5g (3.84%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 9.78g (3.56%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 398.11mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin C: 29.6mg (35.88%), Fiber: 4.88g (19.52%), Folate: 50.41µg (12.6%), Manganese: 0.24mg (11.96%), Potassium: 292.31mg (8.35%), Iron: 1.5mg (8.33%), Phosphorus: 80.88mg (8.09%), Copper: 0.15mg (7.27%), Magnesium: 28.1mg (7.02%), Vitamin B1: 0.1mg (6.86%), Vitamin A: 300.91IU (6.02%), Vitamin B2: 0.09mg (5.55%), Vitamin B6: 0.1mg (5%), Vitamin B3: 0.75mg (3.74%), Vitamin E: 0.48mg (3.19%), Zinc: 0.45mg (2.99%), Vitamin K: 3.06µg (2.92%), Calcium: 29.15mg (2.91%), Vitamin B5: 0.23mg (2.29%), Selenium: 0.96µg (1.37%)