

Black Bean-Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic minced peeled
- 1 tablespoon jalapeño chili fresh minced
- 2 tablespoons juice of lime
- 1 cup firm-ripe mango diced
- 0.3 cup onion diced finely
- 0.5 cup orange and bell pepper diced yellow (or all 1 color)

- 1 tablespoon red wine vinegar
- 0.3 lb roma tomato cored rinsed coarsely chopped
- 4 servings salt and pepper

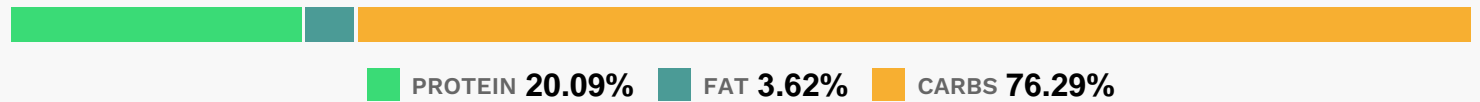
Equipment

- bowl

Directions

- In a bowl, mix beans, mango, tomato, bell peppers, onion, jalapeo, cilantro, garlic, lime juice, and vinegar.
- Add salt and pepper to taste.
- Serve, or cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:13.203913077064%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 140.44kcal (7.02%), Fat: 0.59g (0.91%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 19.32g (7.02%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 605.36mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin C: 63.66mg (77.17%), Fiber: 8.83g (35.31%),

Folate: 95.43µg (23.86%), Manganese: 0.36mg (18.04%), Vitamin A: 775.17IU (15.5%), Potassium: 541.12mg (15.46%),
Copper: 0.3mg (14.86%), Phosphorus: 138.28mg (13.83%), Iron: 2.32mg (12.88%), Vitamin B1: 0.19mg (12.38%),
Magnesium: 49.22mg (12.3%), Vitamin B6: 0.2mg (10.08%), Vitamin B2: 0.16mg (9.45%), Vitamin B3: 1.35mg
(6.73%), Calcium: 52.2mg (5.22%), Zinc: 0.73mg (4.87%), Vitamin K: 5.07µg (4.83%), Vitamin E: 0.68mg (4.53%),
Vitamin B5: 0.37mg (3.72%), Selenium: 1.87µg (2.67%)