



Black Bean 'n Olive Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup olives black pitted coarsely chopped
- 1 cup black beans canned divided rinsed
- 1 Tbsp cilantro leaves fresh chopped
- 0.5 cup regular corn frozen
- 2 cloves garlic minced
- 2 tsp juice of lime fresh
- 16 oz taco bellâ® & chunky salsa thick

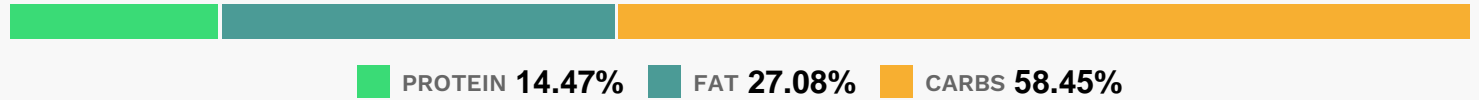
Equipment

bowl

Directions

- Mash 1/2 cup beans in medium bowl.
- Add remaining beans along with all remaining ingredients; mix well.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.3513043367344%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 35.15kcal (1.76%), Fat: 1.17g (1.8%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.2g (1.34%), Cholesterol: 0mg (0%), Sodium: 348.07mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Fiber: 1.72g (6.9%), Vitamin E: 0.63mg (4.19%), Potassium: 134.86mg (3.85%), Vitamin B6: 0.08mg (3.84%), Manganese: 0.08mg (3.82%), Vitamin A: 174.52IU (3.49%), Magnesium: 11.21mg (2.8%), Phosphorus: 27.83mg (2.78%), Copper: 0.05mg (2.7%), Folate: 10.7µg (2.68%), Vitamin B3: 0.52mg (2.61%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (2.31%), Vitamin C: 1.61mg (1.95%), Vitamin B2: 0.03mg (1.73%), Calcium: 17.05mg (1.7%), Vitamin K: 1.46µg (1.39%), Zinc: 0.17mg (1.13%), Vitamin B5: 0.1mg (1.03%)