



Black Bean-Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 cup pineapple fresh chopped
- ☐ 2 tablespoons seasoned rice wine vinegar

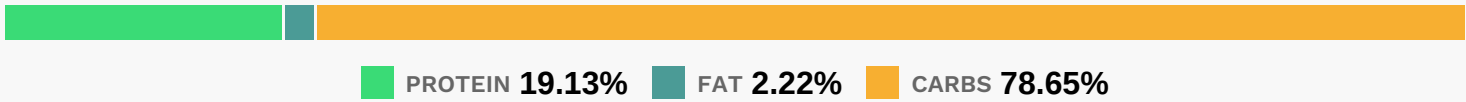
Equipment

- ☐ sauce pan

Directions

☐ Stir together all ingredients in a small saucepan until blended. Cook, stirring occasionally, over medium heat 4 to 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:10.87, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:3.223043491497%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 53.43kcal (2.67%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 7.72g (2.81%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 165.74mg (7.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Fiber: 3.1g (12.4%), Manganese: 0.18mg (8.96%), Folate: 27.92µg (6.98%), Vitamin C: 5.55mg (6.73%), Copper: 0.1mg (4.76%), Phosphorus: 47.11mg (4.71%), Iron: 0.84mg (4.69%), Vitamin B1: 0.07mg (4.44%), Potassium: 143.34mg (4.1%), Magnesium: 16.12mg (4.03%), Vitamin B2: 0.06mg (3.24%), Vitamin B6: 0.04mg (1.82%), Calcium: 17.73mg (1.77%), Zinc: 0.24mg (1.62%), Vitamin B3: 0.32mg (1.58%)