



Black Bean Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



285 kcal

SIDE DISH

Ingredients

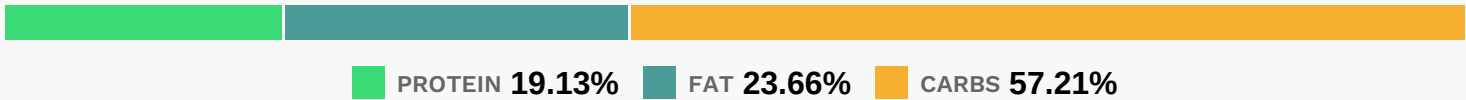
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.8 cup tomatoes finely chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 serrano chiles seeded finely chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Mix all ingredients.
- ☐ Cover and refrigerate about 1 hour or until chilled. Store tightly covered in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:21.50695686755%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 285.15kcal (14.26%), Fat: 7.67g (11.81%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 25.16g (9.15%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 1113.73mg (48.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin C: 63.98mg (77.55%), Fiber: 16.57g (66.3%), Folate: 159.71µg (39.93%), Vitamin A: 1668.75IU (33.38%), Manganese: 0.64mg (31.99%), Phosphorus: 260.93mg (26.09%), Potassium: 910.16mg (26%), Iron: 4.49mg (24.94%), Vitamin B1: 0.35mg (23.29%), Copper: 0.46mg (23.05%), Magnesium: 88.3mg (22.08%), Vitamin K: 19.18µg (18.27%), Vitamin B2: 0.31mg (17.96%), Vitamin B6: 0.31mg (15.46%), Vitamin B3: 2.08mg (10.42%), Vitamin E: 1.47mg (9.81%), Zinc: 1.38mg (9.22%), Calcium: 88.62mg (8.86%), Vitamin B5: 0.59mg (5.9%), Selenium: 2.91µg (4.16%)