



Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

75 kcal

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ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



16 ounce black beans rinsed drained canned



2 teaspoons cilantro leaves fresh chopped



4 green onions chopped



1.5 tablespoons juice of lime fresh



2 tablespoons olive oil



0.3 teaspoon pepper



0.5 cup purple onion chopped



1 tablespoon red wine vinegar

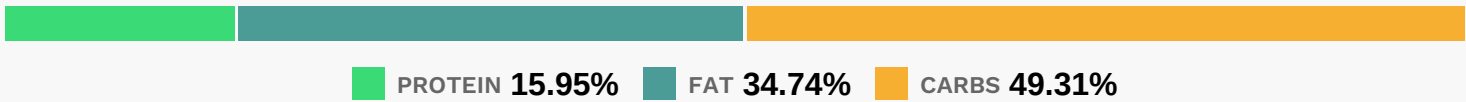
- ☐ 0.3 teaspoon salt
- ☐ 1 large tomatoes seeded chopped

Equipment

Directions

- ☐ Combine black beans, tomato, and remaining ingredients; cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:4.6321739554405%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 75.02kcal (3.75%), Fat: 2.99g (4.6%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 5.91g (2.15%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 234.55mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Fiber: 3.63g (14.52%), Vitamin K: 13.25µg (12.62%), Folate: 35.24µg (8.81%), Manganese: 0.15mg (7.61%), Vitamin C: 5.9mg (7.15%), Potassium: 211.79mg (6.05%), Phosphorus: 57.98mg (5.8%), Iron: 1.03mg (5.72%), Copper: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.15%), Magnesium: 19.97mg (4.99%), Vitamin A: 204.18IU (4.08%), Vitamin B2: 0.06mg (3.79%), Vitamin E: 0.54mg (3.57%), Vitamin B6: 0.05mg (2.65%), Calcium: 23.7mg (2.37%), Vitamin B3: 0.43mg (2.14%), Zinc: 0.31mg (2.08%), Vitamin B5: 0.12mg (1.17%)