

Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31 ounce goya black beans drained and rinsed canned
- ☐ 1 tablespoon goya chili powder
- ☐ 15.3 ounce goya kernel corn whole drained canned
- ☐ 2 teaspoons goya cumin
- ☐ 3 tablespoons goya extra virgin olive oil
- ☐ 2 teaspoons goya garlic minced
- ☐ 17.6 ounce goya salsa pico de gallo

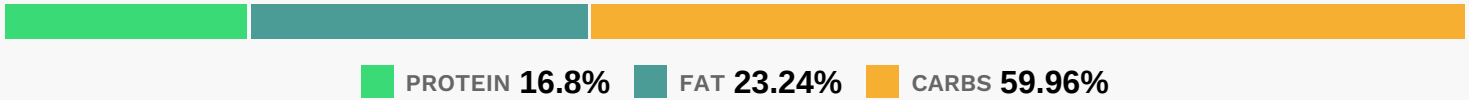
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In large bowl, combine all ingredients. Using large spoon, gently mix to combine.
- ☐ Serve with tortilla chips. Or, cover bowl with plastic wrap and refrigerate until ready to eat.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:5.02, Inflammation Score:-7, Nutrition Score:12.01391297838%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.56kcal (12.83%), Fat: 6.87g (10.58%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 29.93g (10.88%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 399.17mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.37%), Folate: 179.71µg (44.93%), Fiber: 9.97g (39.89%), Manganese: 0.56mg (28.21%), Magnesium: 86.35mg (21.59%), Vitamin B1: 0.28mg (18.89%), Phosphorus: 182.6mg (18.26%), Iron: 2.97mg (16.52%), Potassium: 484.17mg (13.83%), Copper: 0.26mg (13.15%), Vitamin A: 504.72IU (10.09%), Zinc: 1.46mg (9.72%), Vitamin E: 1.15mg (7.7%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.41%), Vitamin B2: 0.08mg (4.99%), Vitamin C: 3.57mg (4.33%), Vitamin K: 4.26µg (4.05%), Calcium: 40.11mg (4.01%), Vitamin B5: 0.28mg (2.79%), Selenium: 1.65µg (2.36%)