



Black Bean Salsa Pitas

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



243 kcal

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.5 cup cilantro leaves fresh chopped
- 1 lime cut into 4 wedges
- 0.3 cup juice of lime fresh (2 limes)
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.5 cup onion chopped ()
- 4 ounces part-skim mozzarella cheese diced
- 2 tablespoons jalapeño peppers finely chopped
- 0.5 teaspoon salt

- 2 cups tomatoes finely chopped (2)
- 4 6-inch pitas whole wheat cut in half ()

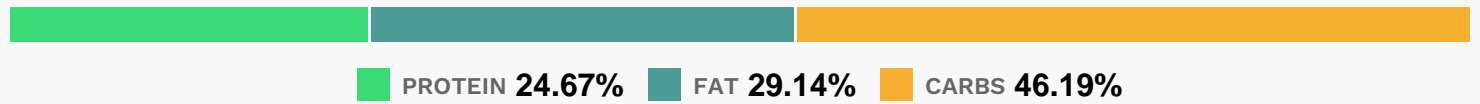
Equipment

- bowl

Directions

- Combine first 8 ingredients in a bowl. Spoon bean mixture evenly into pita halves (about 1/2 cup per half). Top each with 2 tablespoons sour cream, and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:15.467391332854%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 242.5kcal (12.12%), Fat: 8.16g (12.55%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 19.75g (7.18%), Sugar: 3.88g (4.31%), Cholesterol: 28.21mg (9.4%), Sodium: 992.11mg (43.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.07%), Fiber: 9.35g (37.38%), Calcium: 321.95mg (32.2%), Vitamin C: 25.27mg (30.63%), Phosphorus: 298.96mg (29.9%), Folate: 90.68µg (22.67%), Vitamin A: 1091.8IU (21.84%), Manganese: 0.4mg (19.89%), Potassium: 674.58mg (19.27%), Vitamin B2: 0.28mg (16.42%), Magnesium: 60.98mg (15.25%), Copper: 0.3mg (14.87%), Iron: 2.62mg (14.57%), Vitamin B1: 0.22mg (14.53%), Vitamin K: 13.61µg (12.96%), Zinc: 1.73mg (11.56%), Selenium: 7.02µg (10.02%), Vitamin B6: 0.2mg (9.79%), Vitamin B3: 1.3mg (6.5%), Vitamin B12: 0.35µg (5.89%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.4mg (4.04%)