



Black Bean Salsa with Citrus Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 6.1 ounce mandarin orange segents drained canned
- ☐ 1 cup kernel corn whole frozen thawed
- ☐ 1 large bell pepper green chopped
- ☐ 1 tablespoon pickled jalapeño pepper chopped
- ☐ 0.3 cup orange juice
- ☐ 0.5 small purple onion chopped
- ☐ 0.3 cup red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

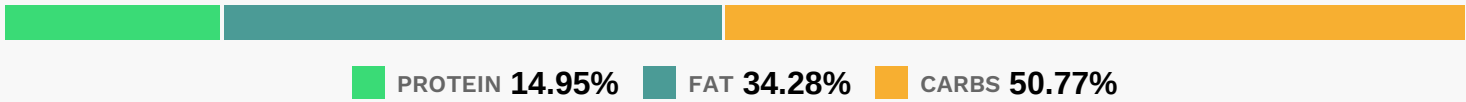
Equipment

- ☐ whisk

Directions

- ☐ Stir together first 6 ingredients.
- ☐ Whisk oil and next 3 ingredients.
- ☐ Drizzle over bean mixture, and toss.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:10.740434667338%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 192.52kcal (9.63%), Fat: 7.47g (11.49%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 16.76g (6.09%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 514.19mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.65%), Vitamin C: 34.94mg (42.35%), Fiber: 8.13g (32.53%), Folate: 78.33µg (19.58%), Manganese: 0.3mg (14.95%), Vitamin K: 14.43µg (13.74%), Phosphorus: 133.82mg (13.38%), Vitamin B1: 0.2mg (13.04%), Potassium: 452.74mg (12.94%), Iron: 2.26mg (12.58%), Copper: 0.24mg (12.06%), Magnesium: 46.11mg (11.53%), Vitamin B2: 0.15mg (8.77%), Vitamin A: 404.73IU (8.09%), Vitamin B6: 0.13mg (6.7%), Vitamin B3: 1.07mg (5.37%), Zinc: 0.79mg (5.26%), Vitamin E: 0.74mg (4.92%), Calcium: 45.66mg (4.57%), Vitamin B5: 0.25mg (2.5%), Selenium: 1.52µg (2.17%)