



WHATSheATE



Black Bean Salsa with Exotic Fruit and Vegetable Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 1 leaves cilantro optional chopped
- ☐ 1 clove garlic finely chopped
- ☐ 3 dashes hot sauce
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 juice of lime juiced
- ☐ 5 ounces plantain chips recommended: Goya brand

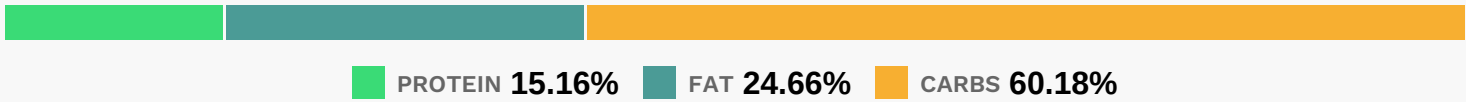
- ☐ 2 plum tomatoes seeded chopped
- ☐ 0.3 onion red finely chopped
- ☐ 1 bag root vegetable chips recommended: Terra Chips, any variety
- ☐ 6 servings salt

Equipment

Directions

- ☐ Mix first 8 ingredients and garnish with cilantro, optional.
- ☐ Serve with plantain chips and root veggie chips for scooping.

Nutrition Facts



Properties

Glycemic Index:45.89, Glycemic Load:4.29, Inflammation Score:-4, Nutrition Score:6.9143477522809%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 134.31kcal (6.72%), Fat: 3.8g (5.85%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 14.48g (5.26%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 584.59mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Fiber: 6.39g (25.55%), Vitamin C: 11.11mg (13.46%), Folate: 53.76µg (13.44%), Manganese: 0.26mg (13.1%), Potassium: 390.8mg (11.17%), Phosphorus: 103.3mg (10.33%), Iron: 1.75mg (9.71%), Vitamin B1: 0.13mg (8.66%), Magnesium: 32.76mg (8.19%), Copper: 0.16mg (8.11%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.14mg (5.7%), Vitamin A: 214.11IU (4.28%), Zinc: 0.52mg (3.46%), Calcium: 32.23mg (3.22%), Vitamin B5: 0.3mg (3%), Vitamin K: 2.68µg (2.55%), Selenium: 1.15µg (1.65%), Vitamin E: 0.21mg (1.43%)