



## Black Bean, Tropical Fruit and Queso Blanco Salsa

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup avocado diced ripe
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon ground cumin seeds toasted
- 1 clove garlic minced
- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 0.8 cup mangos diced

- 0.3 cup olive oil extra-virgin
- 1 tablespoon orange juice fresh
- 0.5 cup orange sections coarsely chopped
- 1 tablespoon parsley italian coarsely chopped
- 0.8 cup queso blanco crumbled
- 0.3 cup bell pepper diced red finely
- 0.3 cup scallions light white green finely chopped
- 1 scotch bonnet chile minced stemmed seeded
- 1.5 teaspoons shallots minced
- 1.5 teaspoons sherry vinegar spanish
- 2 tablespoons sherry vinegar spanish
- 1 cup well-rinsed canned

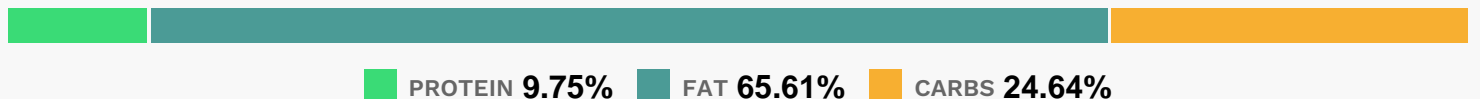
## Equipment

- bowl
- whisk

## Directions

- To make the Salsa: In a large bowl, combine all the ingredients except the avocado in the order listed. Very gently, fold in the avocado, to avoid smashing the delicate ingredients. Cover and refrigerate until chilled.
- To make the Dressing: In a small bowl, combine all ingredients and whisk them well. Cover and refrigerate. To serve, gently fold the dressing into the salsa. Season to taste and serve.

## Nutrition Facts



## Properties

Glycemic Index:114.06, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:17.21565231033%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## **Nutrients (% of daily need)**

Calories: 383.48kcal (19.17%), Fat: 28.74g (44.22%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 17.01g (6.19%), Sugar: 10.8g (12%), Cholesterol: 33.27mg (11.09%), Sodium: 1092.49mg (47.5%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.61g (19.23%), Vitamin C: 52.8mg (63.99%), Vitamin K: 48µg (45.72%), Phosphorus: 442.83mg (44.28%), Fiber: 7.27g (29.09%), Vitamin A: 1301.86IU (26.04%), Folate: 90.08µg (22.52%), Vitamin E: 3.31mg (22.05%), Calcium: 204.55mg (20.45%), Potassium: 595.82mg (17.02%), Vitamin B2: 0.25mg (14.69%), Manganese: 0.27mg (13.3%), Vitamin B6: 0.24mg (11.96%), Copper: 0.22mg (11.07%), Iron: 1.75mg (9.73%), Magnesium: 37.58mg (9.39%), Zinc: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.93%), Vitamin B5: 0.79mg (7.88%), Vitamin B3: 1.43mg (7.13%), Selenium: 1.21µg (1.74%)