



Chunky Black Bean Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 servings baked tortilla chips
- 15 ounce black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground pepper
- 1 jalapeno diced seeded
- 3 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 0.5 teaspoon salt

0.5 small onion sweet chopped

3 tomatoes seeded chopped

Equipment

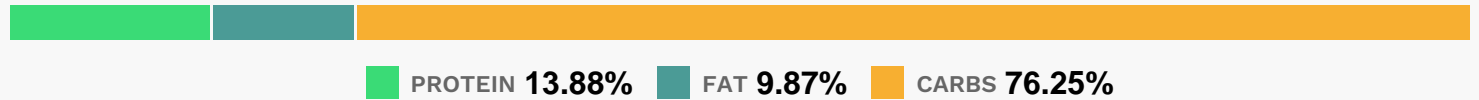
bowl

Directions

Combine first 9 ingredients in a bowl. Cover and chill until ready to serve.

Serve with baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:6.429565217184%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 1.78g (2.74%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 26.47g (9.63%), Sugar: 1.8g (2.01%), Cholesterol: 0mg (0%), Sodium: 353.22mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Fiber: 4.5g (18.01%), Phosphorus: 139.55mg (13.96%), Magnesium: 44.9mg (11.22%), Vitamin C: 8.51mg (10.32%), Folate: 34.8µg (8.7%), Vitamin B1: 0.13mg (8.67%), Potassium: 284.83mg (8.14%), Vitamin B2: 0.13mg (7.74%), Manganese: 0.14mg (7.11%), Selenium: 4.94µg (7.06%), Iron: 1.26mg (7.01%), Vitamin A: 324.27IU (6.49%), Calcium: 64.1mg (6.41%), Copper: 0.13mg (6.41%), Vitamin B6: 0.12mg (5.98%), Zinc: 0.59mg (3.94%), Vitamin K: 3.94µg (3.75%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.56mg (2.82%), Vitamin B5: 0.12mg (1.18%)