



 **78%**  
HEALTH SCORE

## Confetti Corn and Bean Salsa with Jalapeno

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



250 min.

SERVINGS



6

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce garbanzo beans rinsed drained canned
- 16 tomato sauce del monte® canned
- 30.5 ounce southwest corn with poblano and red peppers del monte® canned
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 cup green onions sliced
- 2 jalapeño peppers seeded coarsely chopped
- 6 servings pita chips

6 servings salt and pepper black

## Equipment

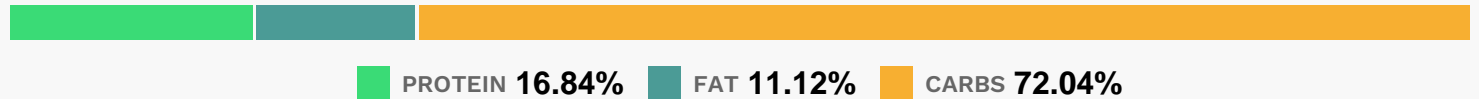
bowl

## Directions

Combine canned seasoned corn, black beans, garbanzo beans, canned tomato sauce, green onions, jalapeno and cilantro in a large bowl. Season to taste with salt and black pepper. Cover and chill for 4 to 24 hours.

Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:35.56, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:25.974782694941%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 284.35kcal (14.22%), Fat: 3.65g (5.62%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 40.41g (14.69%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 799.82mg (34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.9%), Vitamin C: 193.32mg (234.33%), Vitamin A: 4685.41IU (93.71%), Fiber: 12.84g (51.36%), Manganese: 0.92mg (46.2%), Vitamin B6: 0.87mg (43.49%), Folate: 136.9µg (34.23%), Phosphorus: 263.84mg (26.38%), Magnesium: 90.66mg (22.67%), Potassium: 736.49mg (21.04%), Vitamin K: 20.18µg (19.21%), Iron: 3.41mg (18.95%), Vitamin E: 2.73mg (18.22%), Vitamin B2: 0.31mg (18.02%), Vitamin B1: 0.27mg (17.8%), Copper: 0.31mg (15.51%), Calcium: 109.41mg (10.94%), Vitamin B3: 2.18mg (10.89%), Zinc: 1.59mg (10.6%), Selenium: 6.95µg (9.93%), Vitamin B5: 0.83mg (8.27%)