



Corn and Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 15.3 oz corn kernels sweet whole green drained giant® canned
- ☐ 1 tablespoon cilantro leaves fresh coarsely chopped
- ☐ 0.5 jalapeno seeded finely chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon red wine vinegar
- ☐ 8 servings salt to taste

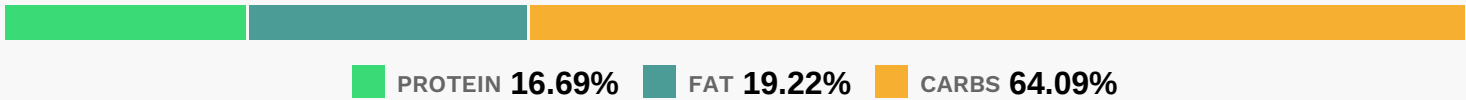
Equipment

☐ bowl

Directions

- ☐ In large bowl, mix corn, beans, tomatoes, cilantro and jalapeño.
- ☐ Drizzle with vinegar and oil; toss to combine. Season with salt.
- ☐ Serve immediately or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:7.4517391505449%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 117.11kcal (5.86%), Fat: 2.71g (4.17%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 14.59g (5.31%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 576.75mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Fiber: 5.75g (23%), Folate: 59.37µg (14.84%), Manganese: 0.28mg (14.1%), Potassium: 388.83mg (11.11%), Copper: 0.21mg (10.74%), Iron: 1.85mg (10.26%), Phosphorus: 99.11mg (9.91%), Vitamin C: 8.09mg (9.8%), Magnesium: 36.13mg (9.03%), Vitamin B1: 0.13mg (8.89%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.51mg (7.55%), Vitamin E: 0.98mg (6.5%), Vitamin B6: 0.13mg (6.5%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.6mg (4.01%), Vitamin K: 4.09µg (3.9%), Calcium: 38.08mg (3.81%), Vitamin A: 149.73IU (2.99%), Selenium: 1.33µg (1.9%)