



Corn-and-Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 10 ounce canned tomatoes diced with lime juice and cilantro, undrained canned
- ☐ 15 ounce corn kernels yellow drained canned
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh

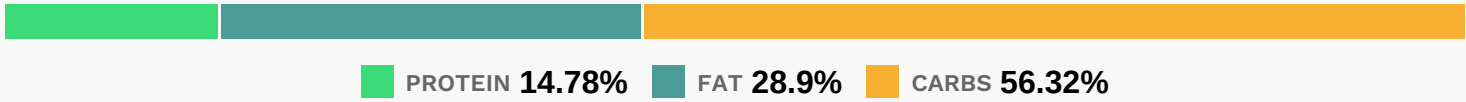
Equipment

bowl

Directions

Combine all ingredients in a bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:11.931304299313%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 206.58kcal (10.33%), Fat: 7.15g (11%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 22.45g (8.16%), Sugar: 6.5g (7.22%), Cholesterol: 0mg (0%), Sodium: 577.77mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Fiber: 8.89g (35.55%), Folate: 95.67µg (23.92%), Manganese: 0.42mg (21.21%), Vitamin K: 21.32µg (20.3%), Iron: 2.99mg (16.6%), Potassium: 570.93mg (16.31%), Phosphorus: 154.2mg (15.42%), Copper: 0.31mg (15.27%), Magnesium: 55.31mg (13.83%), Vitamin C: 11.16mg (13.52%), Vitamin B1: 0.2mg (13.35%), Vitamin B2: 0.21mg (12.63%), Vitamin E: 1.65mg (11.01%), Vitamin B3: 2.13mg (10.66%), Vitamin B6: 0.17mg (8.53%), Vitamin B5: 0.63mg (6.25%), Zinc: 0.93mg (6.23%), Calcium: 60.98mg (6.1%), Vitamin A: 241.94IU (4.84%), Selenium: 2.02µg (2.89%)