



Corn, Avocado, and Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium size avocados ripe cubed
- ☐ 15.5 oz black beans rinsed drained canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno fresh diced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt

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15.3 oz kernel corn whole rinsed drained canned

Equipment

☐

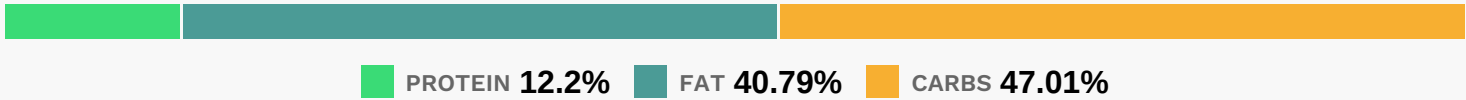
bowl

Directions

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Gently stir together all ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:15.11, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:8.0178260181261%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 156.11kcal (7.81%), Fat: 7.44g (11.45%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 12.75g (4.64%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 398.69mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Fiber: 6.55g (26.21%), Folate: 82.01µg (20.5%), Potassium: 444.23mg (12.69%), Vitamin C: 10.44mg (12.65%), Manganese: 0.22mg (10.96%), Copper: 0.2mg (9.96%), Phosphorus: 99.19mg (9.92%), Vitamin K: 9.77µg (9.31%), Magnesium: 37.05mg (9.26%), Vitamin B6: 0.16mg (7.95%), Iron: 1.38mg (7.66%), Vitamin B2: 0.13mg (7.54%), Vitamin B3: 1.5mg (7.49%), Vitamin B1: 0.11mg (7.4%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 1.01mg (6.75%), Zinc: 0.71mg (4.72%), Calcium: 26.86mg (2.69%), Vitamin A: 111.08IU (2.22%), Selenium: 0.87µg (1.24%)