



Corn & black bean salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 140 g black beans dried
- ☐ 326 g regular corn drained canned
- ☐ 1 bunch spring onion sliced
- ☐ 0.5 large bunch cilantro leaves leftover chopped well (see 'Goes with', below)
- ☐ 2 juice of lime
- ☐ 2 tbsp olive oil

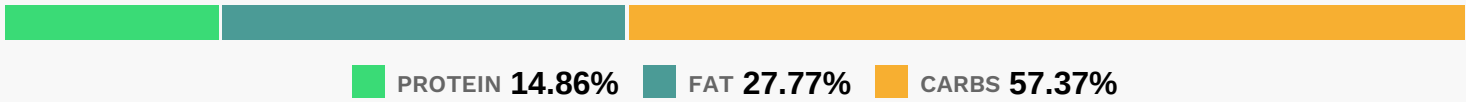
Equipment

- ☐ bowl

Directions

- ☐ Drain, then rinse the soaked beans. Cover with cold water, bring to the boil, then simmer for 45 mins or until tender.
- ☐ Drain again.
- ☐ Mix the beans, corn, spring onions, coriander stalks and leaves, lime juice, oil and some seasoning together in a bowl. Cover, then chill for up to half a day until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:4.25, Inflammation Score:-4, Nutrition Score:7.0991304827773%

Flavonoids

Petunidin: 2.7mg, Petunidin: 2.7mg, Petunidin: 2.7mg, Petunidin: 2.7mg Delphinidin: 3.24mg, Delphinidin: 3.24mg, Delphinidin: 3.24mg, Delphinidin: 3.24mg Malvidin: 1.86mg, Malvidin: 1.86mg, Malvidin: 1.86mg, Malvidin: 1.86mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 132.68kcal (6.63%), Fat: 4.37g (6.73%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 16.52g (6.01%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 2.21mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Folate: 90.05µg (22.51%), Fiber: 3.81g (15.25%), Vitamin B1: 0.2mg (13.28%), Manganese: 0.26mg (13.09%), Vitamin K: 11.06µg (10.53%), Potassium: 368.05mg (10.52%), Magnesium: 41.85mg (10.46%), Phosphorus: 95.38mg (9.54%), Copper: 0.17mg (8.64%), Iron: 1.14mg (6.34%), Vitamin C: 5.19mg (6.29%), Zinc: 0.91mg (6.08%), Vitamin B6: 0.11mg (5.61%), Vitamin B3: 1.06mg (5.3%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.62mg (4.15%), Vitamin B2: 0.06mg (3.61%), Vitamin A: 177.55IU (3.55%), Calcium: 26.33mg (2.63%)