



Cottage Cheese, Avocado, and Black Bean Salsa

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced pitted peeled
- 15 ounce reduced sodium black beans canned
- 1 ear corn husked cleaned
- 32 ounce fat cottage cheese 1%
- 2 roma tomatoes diced seeded (plum)
- 2 cups salsa
- 13.5 ounce tortilla chips

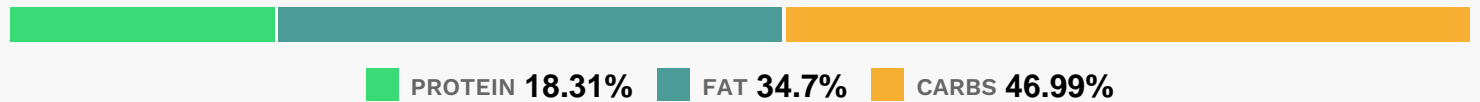
Equipment

- bowl
- sauce pan
- microwave

Directions

- Place corn on the cob in a microwave safe dish with 1/4 inch of water. Cover, and microwave on medium high for 4 minutes, or until tender. Cool under running water, and slice kernels from cob. Set aside.
- Cook the black beans in a small saucepan over medium heat until warm and tender, about 10 minutes. Strain, and rinse under cold water to remove liquid and excess sodium. Set aside.
- Place the cottage cheese in a mixing or serving bowl. Peel, pit, and dice the avocado into bite size pieces, and add to the cottage cheese.
- Cut the tomatoes in half lengthwise, remove seeds, and dice into bite size pieces.
- Add to the cottage cheese along with the corn, black beans, and salsa. Stir until well blended. Cover and refrigerate until ready to serve.
- Serve with tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:14.626956364383%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 382.89kcal (19.14%), Fat: 15.25g (23.47%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 38.1g (13.86%), Sugar: 5.72g (6.36%), Cholesterol: 15.42mg (5.14%), Sodium: 756.22mg (32.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Fiber: 8.38g (33.51%), Phosphorus: 327.97mg (32.8%), Folate: 102.84µg (25.71%), Magnesium: 87.5mg (21.87%), Potassium: 600.3mg (17.15%), Vitamin E: 2.55mg (16.98%), Selenium: 11.6µg (16.57%), Vitamin B1: 0.23mg (15.47%), Manganese: 0.31mg (15.34%), Vitamin B5: 1.52mg (15.22%), Vitamin B6: 0.3mg (15.05%), Vitamin B2: 0.25mg (14.7%), Vitamin K: 15.41µg (14.68%), Calcium: 145.74mg (14.57%), Copper: 0.24mg (11.82%), Zinc: 1.66mg (11.08%), Iron: 1.95mg (10.82%), Vitamin A: 529.77IU (10.6%), Vitamin B3: 1.79mg (8.95%), Vitamin B12: 0.39µg (6.5%), Vitamin C: 5.31mg (6.43%)