



 **16%**
HEALTH SCORE

Cottage Cheese, Avocado, and Black Bean Salsa

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced pitted peeled
- 15 ounce black beans canned
- 1 ears corn husked cleaned
- 32 ounce curd cottage cheese 1%
- 2 roma tomatoes diced seeded (plum)
- 2 cups salsa

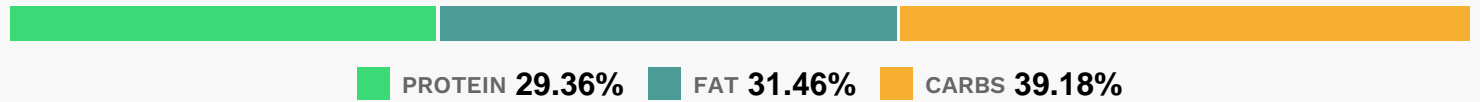
Equipment

- 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:-6, Nutrition Score:11.389130431673%

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, 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: 202.25kcal (10.11%), Fat: 7.33g (11.28%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 14.22g (5.17%), Sugar: 5.43g (6.03%), Cholesterol: 15.42mg (5.14%), Sodium: 630.69mg

(27.42%), Alcohol: Og (100%), Protein: 15.39g (30.78%), Fiber: 6.31g (25.24%), Folate: 98.25µg (24.56%), Phosphorus: 241.85mg (24.19%), Manganese: 0.31mg (15.34%), Potassium: 530.64mg (15.16%), Selenium: 9.91µg (14.16%), Magnesium: 55.35mg (13.84%), Vitamin B2: 0.22mg (13.12%), Vitamin B1: 0.18mg (11.9%), Vitamin B6: 0.23mg (11.63%), Vitamin B5: 1.07mg (10.68%), Vitamin A: 528.63IU (10.57%), Calcium: 105.17mg (10.52%), Copper: 0.2mg (9.97%), Vitamin E: 1.2mg (7.98%), Iron: 1.37mg (7.59%), Zinc: 1.13mg (7.56%), Vitamin B3: 1.47mg (7.35%), Vitamin K: 7.41µg (7.06%), Vitamin B12: 0.39µg (6.5%), Vitamin C: 5.31mg (6.43%)