



Cowboy Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- 15 ounces black beans drained and rinsed
- 1 dash chili powder
- 6 ounces regular corn
- 14.5 ounces fire-roasted tomatoes diced
- 1 limes whole
- 16 ounces salsa verde

Equipment

- pot

slow cooker

Directions

- Combine tomatoes (with juices), black beans (drained and rinsed), salsa verde and about 6 oz. of frozen corn (or more if you like) in a large pot or slow cooker.
 - Add several dashes of chili powder (or chipotle powder if you like it HOT, but remember that a little goes a long way!). Taste, adding more spices to taste.
 - Heat over low heat until thoroughly warm.
 - Add lime juice to taste, if desired, just before serving.
 - Serve warm or cold.
- Nutritional Information**
- Amount Per Serving
 - Calories
 - Fat
 - 40g
 - Carbohydrate
 - 10g Dietary Fiber 8.40g Sugars 6.50g Protein 9.70g

Nutrition Facts



Properties

Glycemic Index: 29.38, Glycemic Load: 9.59, Inflammation Score: -8, Nutrition Score: 13.750434797743%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 263.82kcal (13.19%), Fat: 3.05g (4.69%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 36.22g (13.17%), Sugar: 11.69g (12.99%), Cholesterol: 0mg (0%), Sodium: 979.52mg (42.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.62%), Fiber: 11.62g (46.47%), Folate: 169.59µg (42.4%), Manganese: 0.55mg (27.43%), Vitamin A: 1320.52IU (26.41%), Magnesium: 86.85mg (21.71%), Potassium: 722.26mg

(20.64%), Vitamin B1: 0.3mg (20.31%), Phosphorus: 185.34mg (18.53%), Iron: 3.12mg (17.35%), Vitamin C: 13.37mg (16.21%), Copper: 0.26mg (12.82%), Zinc: 1.48mg (9.89%), Vitamin B6: 0.14mg (7.25%), Calcium: 67.16mg (6.72%), Vitamin B3: 1.32mg (6.58%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.09mg (5.45%), Selenium: 1.48µg (2.11%), Vitamin E: 0.17mg (1.14%)