



## Cranberry-Black Bean Relish

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

### Ingredients

- 1 cup black beans canned rinsed drained
- 0.5 cup cranberries dried chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon honey
- 1 tablespoon juice of lime
- 2 tablespoons olive oil
- 6 servings salt to taste

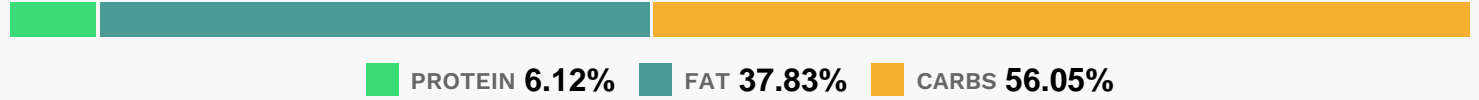
### Equipment

bowl

## Directions

Stir together all ingredients in a bowl; chill at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:14.05, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:2.5256521643504%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 109.75kcal (5.49%), Fat: 4.86g (7.48%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.68g (4.97%), Sugar: 10.25g (11.39%), Cholesterol: 0mg (0%), Sodium: 304.72mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Fiber: 2.53g (10.14%), Vitamin E: 0.89mg (5.95%), Manganese: 0.1mg (4.89%), Folate: 17.89µg (4.47%), Vitamin K: 4.01µg (3.81%), Iron: 0.63mg (3.51%), Phosphorus: 32.32mg (3.23%), Copper: 0.06mg (3.19%), Potassium: 98.77mg (2.82%), Vitamin B1: 0.04mg (2.81%), Magnesium: 10.75mg (2.69%), Vitamin B2: 0.04mg (2.3%), Vitamin C: 1.6mg (1.94%), Vitamin B3: 0.24mg (1.21%), Calcium: 11.76mg (1.18%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.08%)