



Dinner Tonight: Black Bean and Roasted Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups black beans canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 ears corn
- ☐ 1 garlic clove minced
- ☐ 2 tablespoon olive oil
- ☐ 4 plum tomatoes diced
- ☐ 2 servings salt

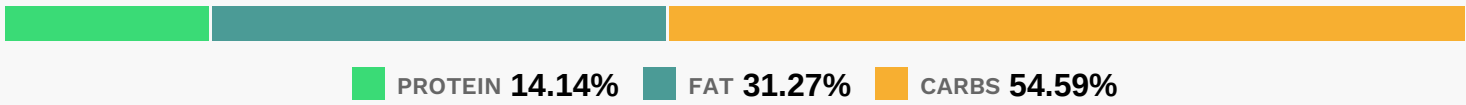
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Remove the tough outer pieces of the stalk and the silk at the very top of the cob. Cook for 15 minutes. When done and cool enough to handle, remove the stalk and silk, and cut the kernels off the corn.
- ☐ Meanwhile, mix together the olive oil, garlic clove, black beans, tomatoes, and cilantro leaves in a large bowl.
- ☐ Add the corn. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:25.454782340838%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 460.1kcal (23%), Fat: 17.19g (26.45%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 67.54g (22.51%), Net Carbohydrates: 50.49g (18.36%), Sugar: 14.56g (16.18%), Cholesterol: 0mg (0%), Sodium: 888.92mg (38.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.97%), Fiber: 17.04g (68.17%), Folate: 200.4µg (50.1%), Manganese: 0.87mg (43.48%), Vitamin C: 34.88mg (42.28%), Vitamin B1: 0.57mg (38%), Phosphorus: 378.98mg (37.9%), Potassium: 1326.26mg (37.89%), Magnesium: 141.34mg (35.34%), Vitamin A: 1511.5IU (30.23%), Iron: 4.68mg (26%), Copper: 0.51mg (25.49%), Vitamin B3: 5.02mg (25.11%), Vitamin K: 24.99µg (23.8%), Vitamin B2: 0.33mg (19.64%), Vitamin B6: 0.38mg (19.14%), Vitamin E: 2.86mg (19.09%), Vitamin B5: 1.74mg (17.38%), Zinc: 2mg

(13.3%), Calcium: 80.51mg (8.05%), Selenium: 3.55µg (5.07%)