



Fiesta Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 cup corn whole frozen thawed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup spring onion chopped
- ☐ 2 jalapeno minced seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon peppercorns black freshly ground
- ☐ 0.5 cup bell pepper red chopped

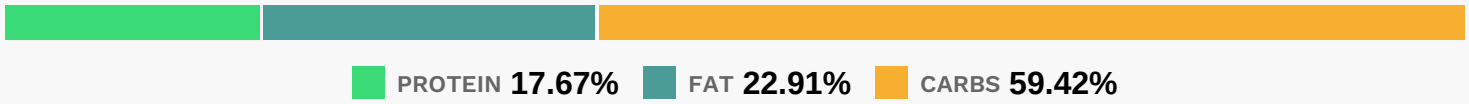
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a large bowl. Cover and let stand at room temperature until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:3.3226086860118%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 45.29kcal (2.26%), Fat: 1.19g (1.84%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 203.46mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 10.85mg (13.16%), Fiber: 2.22g (8.87%), Folate: 24.54µg (6.14%), Vitamin K: 5.69µg (5.42%), Manganese: 0.11mg (5.28%), Vitamin A: 213.69IU (4.27%), Phosphorus: 38.2mg (3.82%), Potassium: 126.3mg (3.61%), Iron: 0.64mg (3.57%), Copper: 0.06mg (3.23%), Magnesium: 12.84mg (3.21%), Vitamin B1: 0.05mg (3.13%), Vitamin B2: 0.04mg (2.57%), Vitamin B6: 0.04mg (2.17%), Vitamin E: 0.3mg (2.03%), Vitamin B3: 0.35mg (1.73%), Zinc: 0.21mg (1.4%), Calcium: 13.56mg (1.36%)