



Hill Country Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado peeled chopped
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 large bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 large jalapeno chopped

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 4 large tomatoes chopped
- ☐ 11 ounce kernel corn whole drained canned

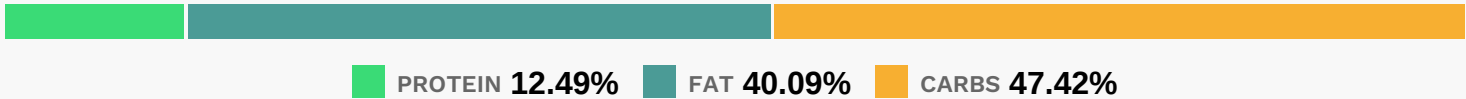
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:14.315217261729%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 200.39kcal (10.02%), Fat: 9.44g (14.52%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 17.08g (6.21%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 648.33mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.23%), Vitamin C: 44.48mg (53.92%), Fiber: 8.04g (32.16%), Vitamin K: 28.31µg (26.97%), Folate: 95.33µg (23.83%), Vitamin A: 1116.17IU (22.32%), Potassium: 707.8mg (20.22%), Manganese: 0.4mg (20.04%), Copper: 0.28mg (13.87%), Phosphorus: 135.98mg (13.6%), Vitamin B6: 0.27mg (13.54%), Magnesium: 52.46mg (13.12%), Vitamin E: 1.97mg (13.11%), Iron: 2.27mg (12.59%), Vitamin B1:

0.17mg (11.56%), Vitamin B3: 2.05mg (10.25%), Vitamin B2: 0.15mg (8.98%), Vitamin B5: 0.66mg (6.55%), Zinc: 0.91mg (6.06%), Calcium: 49.89mg (4.99%), Selenium: 1.1µg (1.57%)