



Jeff's Fresh Black Bean Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cans black beans drained and rinsed recommended: Goya
- ☐ 56 ounce tomatoes whole peeled canned recommended: Tuttorosso brand
- ☐ 1 cup cilantro leaves chopped
- ☐ 5 small ears corn fresh frozen or substitute
- ☐ 1 large bell pepper diced green
- ☐ 1 tablespoon ground cumin
- ☐ 2 juice of lime fresh juiced
- ☐ 1 tablespoon kosher salt

- ☐ 1 scotch bonnet pepper with seeds see cook's note finely minced
- ☐ 1 large vidalia onion diced sweet

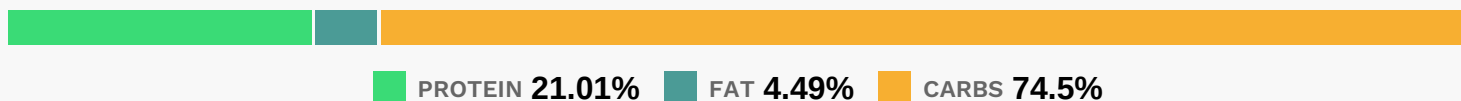
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ colander
- ☐ cutting board

Directions

- ☐ In a large bowl, mix together the diced onion, juice of 2 limes, and kosher salt.
- ☐ Let stand at room temperature for 10 to 20 minutes (this will soften the bite of the onion).
- ☐ In a large pot with a steamer insert add about 2 inches of water.
- ☐ Add the corn and steam until just cooked through, about 5 to 8 minutes. Then shock the corn in cold water until cool to the touch. With a paring knife, carefully shave off the niblets onto a cutting board. A good way to do this is to slice off about 1/2-inch of the end of the corn cob. Hold the cob upright with the flat end on the board and shave with knife tip pointed downward at 4 o'clock. Don't cut into the cob. Tweeze and pick through the kernels with fingers, pulling out wayward strands of corn silk. While nothing beats fresh corn for this recipe (and this is a lot easier than it sounds) a close second is a good quality frozen corn. NEVER USE CANNED CORN!
- ☐ Pour the tomatoes into a colander over the sink, and with your hands squeeze out the liquid without overly squishing them. Loosely chop the tomatoes into 1/2-inch chunks.
- ☐ Toss the corn, tomatoes, black beans, green pepper, cilantro, cumin, and habanero into the bowl with the marinated onions. Taste and add more lime juice, salt, cumin, hot pepper or even more cilantro, if needed.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:16.158695583758%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 154.02kcal (7.7%), Fat: 0.83g (1.27%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 20.66g (7.51%), Sugar: 7.52g (8.35%), Cholesterol: 0mg (0%), Sodium: 1570.23mg (68.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Vitamin C: 44.48mg (53.92%), Fiber: 10.24g (40.95%), Iron: 4.69mg (26.03%), Manganese: 0.5mg (24.86%), Folate: 94.86µg (23.71%), Potassium: 824.09mg (23.55%), Vitamin B6: 0.4mg (19.75%), Copper: 0.39mg (19.66%), Vitamin B1: 0.28mg (18.41%), Phosphorus: 174.56mg (17.46%), Magnesium: 69.17mg (17.29%), Vitamin B2: 0.26mg (15.24%), Vitamin K: 13.86µg (13.2%), Calcium: 119.14mg (11.91%), Vitamin B3: 2.32mg (11.59%), Vitamin E: 1.53mg (10.22%), Vitamin A: 472.86IU (9.46%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.52mg (5.15%), Selenium: 1.86µg (2.66%)