



Mango-Black Bean Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 small mangos diced
- ☐ 8 oz dole pineapple tidbits canned drained

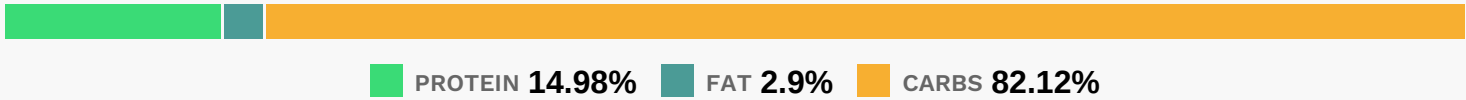
- ☐ 0.5 bell pepper red finely chopped
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Stir together first 10 ingredients and, if desired, jicama. Cover and chill until ready to serve.
- ☐ *1 cup diced fresh pineapple may be substituted.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:2.43, Inflammation Score:-5, Nutrition Score:5.3347825641217%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 73.89kcal (3.69%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 12.38g (4.5%), Sugar: 8.16g (9.06%), Cholesterol: 0mg (0%), Sodium: 280.47mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Vitamin C: 21.08mg (25.55%), Fiber: 3.75g (14.99%), Folate: 39.5µg (9.87%), Vitamin A: 445.4IU (8.91%), Copper: 0.13mg (6.63%), Vitamin B1: 0.09mg (6.21%), Potassium: 215.15mg (6.15%), Manganese: 0.12mg (6.15%), Magnesium: 21.6mg (5.4%), Phosphorus: 52.9mg (5.29%), Iron: 0.95mg (5.27%), Vitamin B6: 0.09mg (4.5%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.34mg (2.29%), Calcium: 22.11mg (2.21%), Zinc: 0.3mg (1.97%), Vitamin K: 1.85µg (1.76%), Vitamin B5: 0.15mg (1.48%), Selenium: 0.8µg (1.14%)