



Mango, Corn, and Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



15 ounce black beans rinsed drained canned



0.3 cup cilantro leaves fresh chopped to taste



2 juice of lime juiced



3 large mangoes diced



15 ounce regular corn sweet drained canned

Equipment

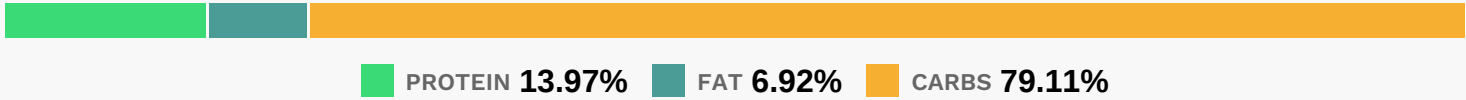


bowl

Directions

- ☐ Mix mangoes, sweet corn, and black beans in a large bowl; add lime juice and stir.
- ☐ Sprinkle cilantro over the mango mixture; toss to combine.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:14.49, Inflammation Score:-8, Nutrition Score:13.619565331418%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 197.29kcal (9.86%), Fat: 1.67g (2.57%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 34.69g (12.62%), Sugar: 17.57g (19.52%), Cholesterol: 0mg (0%), Sodium: 274.41mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin C: 46.67mg (56.56%), Fiber: 8.31g (33.22%), Vitamin A: 1359.09IU (27.18%), Folate: 105.45µg (26.36%), Manganese: 0.35mg (17.67%), Potassium: 561.85mg (16.05%), Phosphorus: 147.33mg (14.73%), Copper: 0.29mg (14.49%), Magnesium: 54.56mg (13.64%), Vitamin B6: 0.27mg (13.27%), Vitamin B1: 0.2mg (13.14%), Vitamin B3: 2.35mg (11.73%), Iron: 1.85mg (10.29%), Vitamin B2: 0.17mg (9.84%), Vitamin B5: 0.91mg (9.12%), Vitamin E: 1.03mg (6.89%), Vitamin K: 6.76µg (6.44%), Zinc: 0.93mg (6.18%), Calcium: 40.16mg (4.02%), Selenium: 1.7µg (2.43%)