



Mango-Cucumber Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon ancho chili powder
- 16 ounce black beans drained and rinsed canned
- 0.5 large cucumber diced peeled seeded
- 0.8 teaspoon cumin
- 1 jalapeno seeded finely chopped
- 1 tablespoon juice of lime
- 1.5 cups mangos diced
- 0.3 cup onion diced red

- 0.3 teaspoon bell pepper red to taste
- 4 servings salt to taste
- 0.5 cup grape tomatoes fresh diced halved (or grape tomatoes)

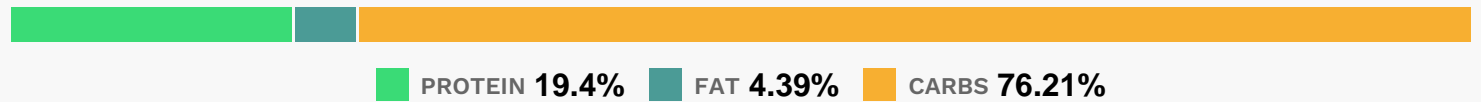
Equipment

- bowl

Directions

- Combine all ingredients in a medium-sized bowl. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:12.989130331122%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 156.01kcal (7.8%), Fat: 0.8g (1.24%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 21.63g (7.86%), Sugar: 10.12g (11.25%), Cholesterol: 0mg (0%), Sodium: 636.81mg (27.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin C: 35.7mg (43.27%), Fiber: 9.7g (38.8%), Folate: 106.94µg (26.74%), Vitamin A: 982.71IU (19.65%), Manganese: 0.38mg (19.23%), Copper: 0.33mg (16.74%), Potassium: 584.89mg (16.71%), Iron: 2.71mg (15.05%), Phosphorus: 149.99mg (15%), Magnesium: 55.74mg (13.93%), Vitamin B1: 0.2mg (13.59%), Vitamin B2: 0.18mg (10.67%), Vitamin B6: 0.2mg (10.23%), Vitamin K: 7.6µg (7.24%), Vitamin B3: 1.35mg (6.76%), Vitamin E: 0.92mg (6.11%), Calcium: 60.96mg (6.1%), Zinc: 0.81mg (5.43%), Vitamin B5:

0.46mg (4.62%), Selenium: 2.02 μ g (2.88%)