

Mississippi Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado cut into 1/2-inch chunks
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 3 tablespoons pickled jalapeno pepper rings finely minced
- ☐ 6 servings pepper sauce hot to taste
- ☐ 1 small onion red chopped
- ☐ 1 roma tomato chopped to taste plum
- ☐ 0.5 cup salad dressing italian-style to taste

- ☐ 6 servings salt and pepper black to taste
- ☐ 15.3 ounce kernel corn whole drained canned

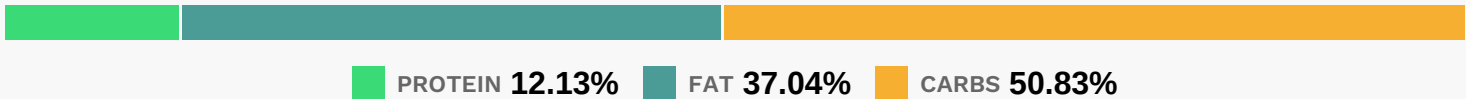
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, lightly stir together the corn, black beans, canned tomatoes with chilies, avocado, roma tomato, onion, jalapenos, and salad dressing until well combined.
- ☐ Sprinkle with salt, pepper, and hot pepper sauce to taste. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:13.024347823599%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 244.91kcal (12.25%), Fat: 10.49g (16.14%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 23.71g (8.62%), Sugar: 5.77g (6.42%), Cholesterol: 0mg (0%), Sodium: 846.69mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Fiber: 8.68g (34.71%), Vitamin C: 22.66mg (27.46%), Folate: 104.47µg (26.12%), Vitamin K: 22.79µg (21.7%), Potassium: 689.28mg (19.69%), Manganese: 0.39mg (19.44%), Copper: 0.33mg (16.46%), Phosphorus: 151.32mg (15.13%), Magnesium: 56.98mg (14.25%), Vitamin E: 2.04mg (13.61%), Iron: 2.44mg (13.57%), Vitamin B6: 0.27mg (13.52%), Vitamin B1: 0.19mg (12.47%), Vitamin B3: 2.37mg (11.83%), Vitamin B2: 0.18mg (10.37%), Vitamin B5: 0.78mg (7.83%), Zinc: 1mg (6.67%), Vitamin A: 327.84IU (6.56%), Calcium: 55.16mg (5.52%), Selenium: 1.85µg (2.65%)