



Papaya-Black Bean Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 15 ounce black beans rinsed drained canned
- 0.8 cup green onions sliced
- 0.1 teaspoon ground pepper red
- 0.3 cup juice of lime fresh
- 2 cups papaya diced peeled
- 3 tablespoons pineapple juice
- 1 large bell pepper diced red peeled

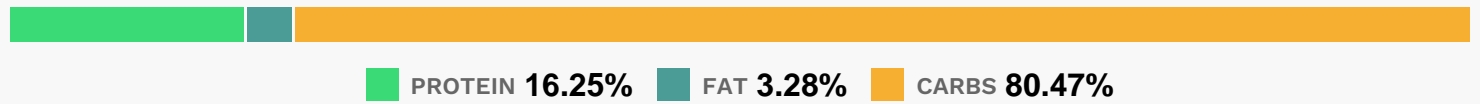
- 0.1 teaspoon salt
- 3 tablespoons citrus champagne vinegar

Equipment

Directions

- Combine all ingredients, and stir well. Chill.
- Note: Unlike our other salsas, this salsa is best used within 1 to 2 days. After this, the enzymes in the papaya begin to soften the beans.

Nutrition Facts



Properties

Glycemic Index:12.55, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:4.9713042767152%

Flavonoids

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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 44.6kcal (2.23%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 6.93g (2.52%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 123.57mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin C: 26.82mg (32.51%), Vitamin A: 543.51IU (10.87%), Vitamin K: 10.7µg (10.19%), Fiber: 2.49g (9.97%), Folate: 31.32µg (7.83%), Manganese: 0.11mg (5.27%), Potassium: 159.76mg (4.56%), Magnesium: 16.06mg (4.01%), Iron: 0.7mg (3.88%), Phosphorus: 35.94mg (3.59%), Vitamin B1: 0.05mg (3.46%), Copper: 0.07mg (3.43%), Vitamin B2: 0.05mg (2.96%), Vitamin B6: 0.06mg (2.96%), Calcium: 19.24mg (1.92%), Vitamin B3: 0.37mg (1.83%), Vitamin E: 0.25mg (1.69%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.13mg (1.27%)