



## Pineapple and Black Bean Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15.5 ounces black beans rinsed drained canned
- 1.5 cups pineapple chopped
- 1 jalapeno minced stemmed seeded
- 3 tablespoons onion red finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 1 serving coarse salt

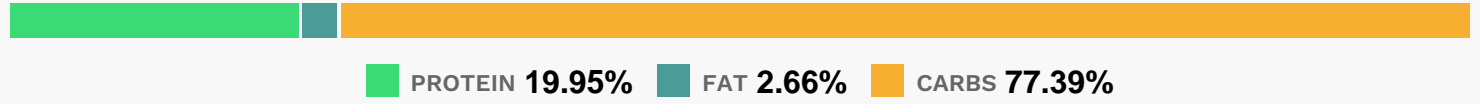
### Equipment

bowl

## Directions

In a medium bowl, combine black beans, pineapple, jalapeno, red onion, cilantro, and lime juice. Season with salt.

## Nutrition Facts



## Properties

Glycemic Index:37.42, Glycemic Load:4.45, Inflammation Score:-5, Nutrition Score:11.684347945711%

## 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## Nutrients (% of daily need)

Calories: 136.09kcal (6.8%), Fat: 0.42g (0.65%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 18.86g (6.86%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 471.85mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin C: 38.64mg (46.84%), Manganese: 0.85mg (42.38%), Fiber: 8.71g (34.86%), Folate: 81.51µg (20.38%), Copper: 0.29mg (14.34%), Vitamin B1: 0.21mg (13.94%), Iron: 2.31mg (12.85%), Phosphorus: 127.68mg (12.77%), Potassium: 435.03mg (12.43%), Magnesium: 47.71mg (11.93%), Vitamin B2: 0.16mg (9.31%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.06mg (5.3%), Calcium: 49.86mg (4.99%), Zinc: 0.69mg (4.62%), Vitamin K: 4.23µg (4.03%), Vitamin B5: 0.36mg (3.64%), Vitamin A: 147.52IU (2.95%), Selenium: 1.55µg (2.22%), Vitamin E: 0.17mg (1.15%)