



Quick Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 2 teaspoons cilantro leaves dried
- ☐ 4 ounce chiles diced green canned
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons lemon-pepper seasoning
- ☐ 1 teaspoon olive oil to taste
- ☐ 11 ounce shoepeg corn drained canned

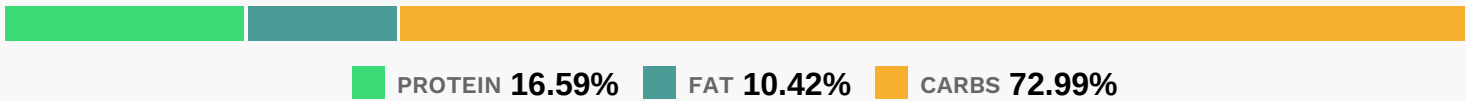
Equipment

☐ bowl

Directions

☐ Stir black beans, corn, tomatoes with green chile peppers, diced green chiles, cilantro, lemon-pepper seasoning, cumin, and olive oil together in a large bowl. Refrigerate until cold, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:6.4117391368617%

Nutrients (% of daily need)

Calories: 105.41kcal (5.27%), Fat: 1.32g (2.02%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 14.44g (5.25%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 380.15mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Fiber: 6.29g (25.14%), Vitamin C: 13.11mg (15.89%), Manganese: 0.28mg (14.05%), Folate: 48.05µg (12.01%), Phosphorus: 96.99mg (9.7%), Iron: 1.64mg (9.12%), Magnesium: 33.2mg (8.3%), Potassium: 290.2mg (8.29%), Vitamin B1: 0.11mg (7.56%), Copper: 0.13mg (6.68%), Vitamin B3: 1.09mg (5.44%), Vitamin B2: 0.09mg (5.34%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.53mg (3.53%), Calcium: 29.35mg (2.93%), Selenium: 1.09µg (1.56%), Vitamin K: 1.63µg (1.55%)