



Quick Fruited Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce black beans rinsed drained canned
- 22 ounce mandarin orange segments drained canned
- 1 tablespoon cilantro leaves dried
- 0.3 teaspoon garlic minced
- 2 tablespoons jalapeño canned chopped
- 1 tablespoon juice of lime
- 8 ounce pineapple tidbits in juice drained canned
- 0.5 cup purple onion chopped

1 bell pepper sweet red chopped

Equipment

bowl

paper towels

Directions

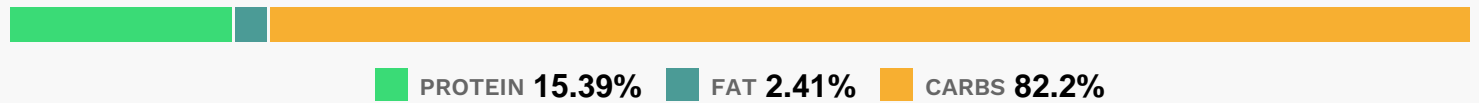
Drain oranges; let stand on several layers of paper towels to absorb excess moisture. Snip orange slices in half using kitchen shears.

Combine pineapple and remaining 7 ingredients in a medium bowl, mixing well.

Add oranges, stirring gently to combine. Spoon mixture into wide-mouth jars; seal and refrigerate.

Serve as an appetizer with tortilla chips or as an accompaniment to chicken, fish, or pork.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:16.360869718635%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 168.43kcal (8.42%), Fat: 0.48g (0.74%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 27.76g (10.09%), Sugar: 18.77g (20.85%), Cholesterol: 0mg (0%), Sodium: 335.98mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Vitamin C: 90.82mg (110.09%), Vitamin A: 2497.73IU (49.95%), Fiber: 8.95g (35.81%), Vitamin B1: 0.3mg (20.25%), Folate: 77.39µg (19.35%), Potassium: 598.27mg (17.09%), Magnesium: 58.7mg (14.68%), Copper: 0.28mg (14.22%), Manganese: 0.28mg (13.99%), Iron: 2.41mg (13.37%), Vitamin B6: 0.25mg (12.67%), Phosphorus: 123.71mg (12.37%), Vitamin B2: 0.19mg (10.92%), Zinc:

1.28mg (8.56%), Vitamin B3: 1.59mg (7.94%), Vitamin K: 8.12µg (7.73%), Calcium: 63.73mg (6.37%), Vitamin E: 0.8mg (5.34%), Selenium: 2.06µg (2.94%), Vitamin B5: 0.28mg (2.75%)