



WHATSheATE



Quick Southwestern Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 oz corn green southwestern style undrained giant® steamcrisp® canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 1 cup salsa thick old el paso®
- ☐ 8 oz tortilla chips

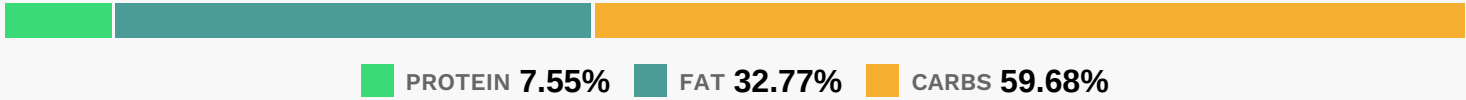
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients except tortilla chips.
- ☐ Serve immediately with chips, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.6278260583463%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 172.82kcal (8.64%), Fat: 6.5g (10%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 24.44g (8.89%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 370.24mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 10.71µg (10.2%), Vitamin E: 1.48mg (9.9%), Phosphorus: 91.1mg (9.11%), Fiber: 2.19g (8.77%), Magnesium: 33.5mg (8.37%), Vitamin B6: 0.12mg (5.84%), Potassium: 190.21mg (5.43%), Vitamin A: 243.2IU (4.86%), Vitamin B3: 0.94mg (4.7%), Vitamin C: 3.63mg (4.39%), Folate: 17.1µg (4.27%), Vitamin B5: 0.41mg (4.13%), Calcium: 40.81mg (4.08%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.57mg (3.82%), Iron: 0.68mg (3.75%), Manganese: 0.06mg (3.23%), Copper: 0.06mg (3.19%), Vitamin B2: 0.04mg (2.29%), Selenium: 1.56µg (2.22%)