



Roasted Corn and Black Bean Pico



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



12

CALORIES



67 kcal

SIDE DISH

Ingredients



15 ounce black beans rinsed drained canned



0.5 cup cilantro leaves fresh chopped



2 cups corn kernels fresh 3 ears



1 garlic clove minced



1 jalapeno minced seeded



0.3 cup juice of lime fresh



1 cup plum tomatoes seeded chopped



1.5 cups onion red chopped

☐ 0.5 teaspoon salt

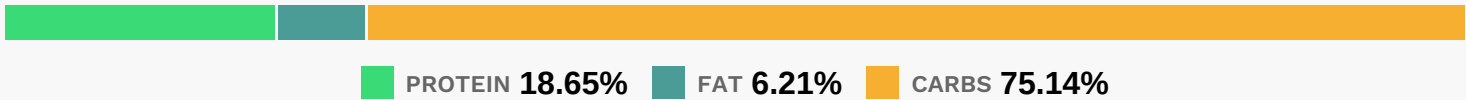
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook corn in a nonstick skillet coated with cooking spray over medium heat 3 minutes or until corn is lightly browned.
- ☐ Combine corn, black beans, and remaining ingredients in a bowl. Cover and chill at least 8 hours.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:5.0452173222666%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 66.7kcal (3.34%), Fat: 0.5g (0.77%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.05g (3.65%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 238.87mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Fiber: 3.58g (14.33%), Vitamin C: 9.94mg (12.04%), Folate: 39.76µg (9.94%), Manganese: 0.18mg (8.98%), Potassium: 263.61mg (7.53%), Phosphorus: 72.02mg (7.2%), Vitamin B1: 0.11mg (7.08%), Magnesium: 26.33mg (6.58%), Vitamin A: 271.35IU (5.43%), Copper: 0.1mg (5.24%), Iron: 0.92mg (5.1%), Vitamin B6: 0.09mg (4.63%), Vitamin B3: 0.82mg (4.1%), Vitamin B2: 0.07mg (3.99%), Vitamin K: 4.03µg (3.84%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.38mg (2.55%), Calcium: 21.26mg (2.13%),

Vitamin E: 0.2mg (1.31%), Selenium: 0.76µg (1.08%)