



## Saintly Black and Gold Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



8

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon agave nectar (or other sweetener)
- 4 cups black beans rinsed cooked drained well
- 0.5 teaspoon creole seasoning to taste
- 2 cups ears corn fresh frozen
- 2 cloves garlic pressed
- 0.5 cup onion red minced
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt to taste (or )

- 1.5 tablespoon all the tabasco sauce you handle to taste
- 2 tablespoons water
- 1 bell pepper diced yellow seeded

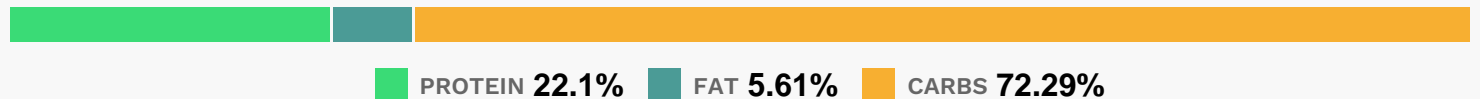
## Equipment

- bowl

## Directions

- Mix the black beans (well-rinsed for best color), corn, and yellow pepper in a large bowl. In a small bowl, mix the remaining ingredients and pour them over the bean mixture, stirring gently to combine. Allow to marinate for several hours for best flavor.
- Serve with baked tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:4.23, Inflammation Score:-6, Nutrition Score:11.606086946052%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 157.5kcal (7.88%), Fat: 1.03g (1.59%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 21.33g (7.76%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 217.59mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Vitamin C: 32.79mg (39.74%), Folate: 149.62µg (37.41%), Fiber: 8.57g (34.28%), Manganese: 0.49mg (24.52%), Magnesium: 77.17mg (19.29%), Vitamin B1: 0.28mg (18.56%), Phosphorus: 161.37mg (16.14%), Potassium: 460.59mg (13.16%), Iron: 2.15mg (11.92%), Copper: 0.22mg (11.19%), Zinc: 1.19mg (7.93%), Vitamin B6: 0.15mg (7.38%), Vitamin B3: 1.25mg (6.23%), Vitamin B5: 0.51mg (5.12%), Vitamin B2: 0.08mg (4.83%), Vitamin A: 158.93IU (3.18%), Calcium: 30.17mg (3.02%), Selenium: 1.47µg (2.1%)