



Salsa Verde Corn and Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 mangos diced peeled seeded
- ☐ 1 large bell pepper diced red
- ☐ 1.3 cups salsa verde pace®
- ☐ 1 cup kernel corn whole

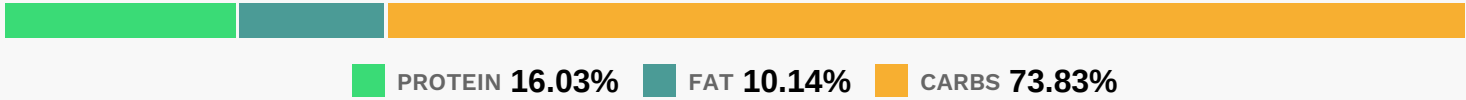
Equipment

- ☐ bowl

Directions

- ☐ Stir the salsa, pepper, corn, beans, mango and cilantro in a medium bowl.
- ☐ Serve immediately or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:3.28, Inflammation Score:-9, Nutrition Score:12.892608642578%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 159.55kcal (7.98%), Fat: 1.81g (2.79%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 22.49g (8.18%), Sugar: 10.58g (11.76%), Cholesterol: 0mg (0%), Sodium: 783.52mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin C: 62.05mg (75.21%), Vitamin A: 1842.24IU (36.84%), Fiber: 7.22g (28.9%), Folate: 93.57µg (23.39%), Potassium: 551.04mg (15.74%), Manganese: 0.28mg (13.92%), Phosphorus: 118.55mg (11.86%), Copper: 0.22mg (11.22%), Iron: 1.89mg (10.51%), Magnesium: 41.18mg (10.3%), Vitamin B1: 0.15mg (10.2%), Vitamin B6: 0.19mg (9.59%), Vitamin B2: 0.15mg (8.85%), Vitamin B3: 1.36mg (6.81%), Vitamin E: 0.89mg (5.97%), Zinc: 0.66mg (4.42%), Calcium: 37.32mg (3.73%), Vitamin K: 3.84µg (3.66%), Vitamin B5: 0.34mg (3.43%), Selenium: 1.39µg (1.98%)