



Smoky Three-Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15.8 ounce black-eyed peas rinsed drained canned
- ☐ 16 ounce navy beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 chipotle pepper in adobo sauce minced
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 small garlic cloves minced
- ☐ 1 bell pepper green finely chopped

- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup onion sweet finely chopped

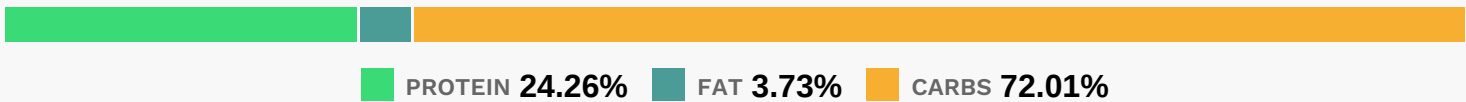
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; cover and chill at least 2 hours.
- ☐ *Chipotle peppers in adobo sauce may be found in the Mexican sections of supermarkets or at Mexican grocery stores; 1 small jalapeno pepper, seeded and minced, may be substituted.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:2.96, Inflammation Score:-6, Nutrition Score:11.137391453204%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 136.33kcal (6.82%), Fat: 0.59g (0.91%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 17.78g (6.46%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 401.91mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Folate: 130.6µg (32.65%), Fiber: 7.85g (31.41%), Manganese: 0.49mg (24.69%), Vitamin C: 14.66mg (17.77%), Phosphorus: 163.69mg (16.37%), Copper: 0.32mg (16.2%), Iron: 2.86mg (15.9%), Magnesium: 59.1mg (14.77%), Vitamin B1: 0.22mg (14.34%), Potassium: 458.82mg (13.11%), Vitamin B6: 0.19mg (9.36%), Zinc: 1.09mg (7.28%), Vitamin B2: 0.11mg (6.36%), Vitamin K: 6.41µg (6.1%), Vitamin E: 0.89mg (5.96%), Selenium: 3.91µg (5.58%), Calcium: 55.19mg (5.52%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.41mg (4.08%), Vitamin A: 165.04IU (3.3%)