



Southwest Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

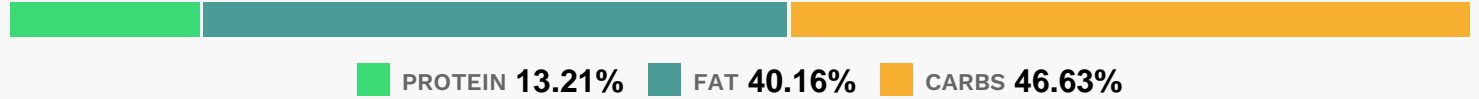
- 1 cup corn whole frozen canned thawed drained ()
- 0.7 cup onion red chopped
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons juice of lime
- 1 tablespoon vegetable oil
- 1 medium avocado pitted peeled cut into bite-size pieces (1 cup)
- 1 garlic clove finely chopped
- 15 oz black beans rinsed drained canned

Equipment

Directions

- Mix all ingredients.
- Cover and refrigerate 1 hour to blend flavors. Store covered in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:12.924782473108%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 249.78kcal (12.49%), Fat: 11.67g (17.96%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 19.25g (7%), Sugar: 1.67g (1.85%), Cholesterol: 0mg (0%), Sodium: 474.75mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Fiber: 11.24g (44.98%), Folate: 123.26µg (30.82%), Manganese: 0.39mg (19.66%), Potassium: 674.96mg (19.28%), Vitamin K: 20.09µg (19.14%), Vitamin C: 14.39mg (17.44%), Phosphorus: 167.26mg (16.73%), Copper: 0.33mg (16.46%), Magnesium: 59.92mg (14.98%), Iron: 2.48mg (13.76%), Vitamin B1: 0.21mg (13.69%), Vitamin B2: 0.21mg (12.34%), Vitamin B6: 0.23mg (11.73%), Vitamin B5: 0.95mg (9.5%), Vitamin B3: 1.89mg (9.45%), Vitamin E: 1.37mg (9.16%), Zinc: 1.07mg (7.12%), Calcium: 53.72mg (5.37%), Vitamin A: 151.32IU (3.03%), Selenium: 1.84µg (2.63%)