

Southwestern Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 cup tomatoes and chiles diced green canned drained
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 cups corn kernels fresh 3 ears corn
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup juice of lime fresh 2 limes

- ☐ 0.5 cup onion red chopped
- ☐ 0.1 teaspoon salt

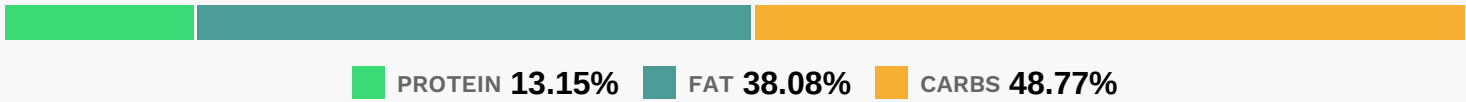
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a medium bowl; stir with a whisk.
- ☐ Add corn and remaining ingredients; toss well. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.5317391468131%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 86.9kcal (4.34%), Fat: 3.9g (6%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.02g (2.92%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 178.69mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Fiber: 3.22g (12.88%), Folate: 34.08µg (8.52%), Vitamin C: 7.01mg (8.49%), Manganese: 0.15mg (7.58%), Potassium: 226.01mg (6.46%), Phosphorus: 62.31mg (6.23%), Vitamin B1: 0.09mg (6.11%), Magnesium: 22.89mg (5.72%), Vitamin K: 5.62µg (5.36%), Iron: 0.95mg (5.29%), Copper: 0.1mg (4.9%), Vitamin E: 0.68mg (4.54%), Vitamin A: 198.31IU (3.97%), Vitamin B2: 0.06mg (3.77%), Vitamin B3: 0.71mg (3.54%), Vitamin B6: 0.07mg (3.42%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.33mg (2.19%), Calcium: 20.03mg (2%)