






 **65%**
HEALTH SCORE

Southwestern Salsa with Black Beans and Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

10

CALORIES

261 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 60 ounce black beans rinsed drained canned
- 2 teaspoons cumin seeds
- 1 cup cilantro leaves fresh minced
- 1 cup parsley fresh minced
- 6 garlic clove pressed
- 1 teaspoon pepper black
- 0.7 cup juice of lime

- 0.5 cup olive oil
- 1 onion minced
- 2 bell pepper red minced seeded
- 2 teaspoons pepper dried red crushed
- 30.5 ounce corn whole drained canned

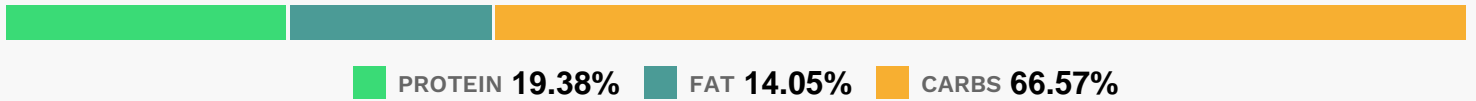
Equipment

- frying pan

Directions

- Cook cumin seeds in a small cast-iron skillet over medium heat, stirring often, 2 to 3 minutes or until browned.
- Combine cumin seeds, black beans, and remaining ingredients; toss well. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:22.224782425424%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 260.83kcal (13.04%), Fat: 4.2g (6.46%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 31.78g (11.56%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 807.54mg (35.11%), Alcohol: 0g (100%), Protein: 13.04g (26.08%), Vitamin K: 106.77µg (101.69%), Vitamin C: 51.19mg (62.05%), Fiber: 13g (52%), Folate: 153.84µg (38.46%), Vitamin A: 1498.61IU (29.97%), Manganese: 0.58mg (29.03%), Iron: 4.36mg

(24.22%), Phosphorus: 241.31mg (24.13%), Potassium: 775.78mg (22.17%), Magnesium: 80.56mg (20.14%), Copper: 0.39mg (19.71%), Vitamin B1: 0.29mg (19.11%), Vitamin B2: 0.26mg (15.21%), Vitamin B6: 0.22mg (11.15%), Vitamin B3: 2.17mg (10.87%), Zinc: 1.38mg (9.22%), Calcium: 86.28mg (8.63%), Vitamin E: 0.98mg (6.53%), Vitamin B5: 0.47mg (4.72%), Selenium: 2.69µg (3.85%)