



Spaghetti Squash-and-Black Bean Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup plum tomatoes diced
- ☐ 0.1 teaspoon salt
- ☐ 3 cups spaghetti squash cooked coarsely chopped

1 teaspoon sugar

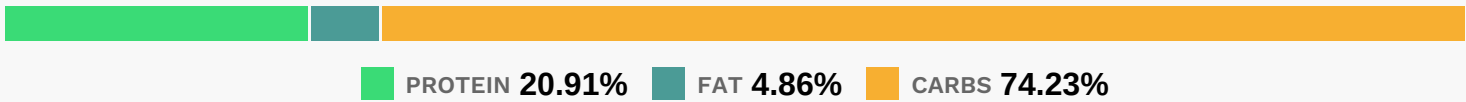
Equipment

bowl

Directions

Combine all the ingredients in a large bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:2.3552174218323%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 26.95kcal (1.35%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 98.9mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Fiber: 1.84g (7.34%), Vitamin C: 4.4mg (5.34%), Folate: 17.35µg (4.34%), Manganese: 0.08mg (4%), Vitamin K: 3.89µg (3.71%), Potassium: 114.08mg (3.26%), Phosphorus: 28.18mg (2.82%), Iron: 0.49mg (2.74%), Vitamin A: 136.52IU (2.73%), Copper: 0.05mg (2.7%), Magnesium: 10.64mg (2.66%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.03mg (1.87%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.32mg (1.62%), Calcium: 12.54mg (1.25%), Zinc: 0.16mg (1.09%)