



Warm Southwest Salsa with Tortilla Chips

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 oz canned tomatoes diced with lime juice and cilantro, drained canned
- 15 oz black beans rinsed drained canned
- 1 cup corn frozen
- 0.5 cup bell pepper green finely chopped
- 0.5 cup tomatillos rinsed finely chopped
- 1 jalapeno seeded finely chopped
- 1 clove garlic finely chopped
- 1 teaspoon chili powder

- 0.5 teaspoon ground cumin
- 2 oz cheddar cheese shredded
- 12 oz tortilla chips yellow
- 2 tablespoons cilantro leaves fresh chopped

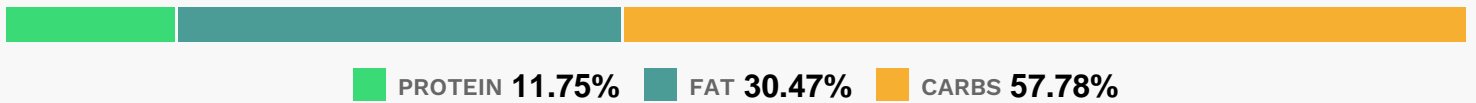
Equipment

- bowl
- microwave
- slotted spoon

Directions

- Lightly spray 1 1/2-quart round microwavable casserole with cooking spray. In large bowl, mix all ingredients except cheese, tortilla chips and cilantro. Spoon into casserole.
- Sprinkle cheese evenly over top.
- Microwave uncovered on High 5 to 7 minutes or until warm.
- Sprinkle with cilantro.
- Place casserole on large round platter; surround with tortilla chips.
- Serve immediately. (Salsa will be saucy; serve with slotted spoon.)

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:5.4113043974275%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 129.65kcal (6.48%), Fat: 4.6g (7.08%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 16.3g (5.93%), Sugar: 1.67g (1.86%), Cholesterol: 2.69mg (0.9%), Sodium: 194.41mg (8.45%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Fiber: 3.35g (13.38%), Vitamin C: 8.05mg (9.76%), Phosphorus: 92.91mg (9.29%), Magnesium: 32.27mg (8.07%), Vitamin E: 1.05mg (7.03%), Iron: 1.19mg (6.63%), Manganese: 0.13mg (6.57%), Potassium: 226.93mg (6.48%), Copper: 0.12mg (6.07%), Vitamin B6: 0.12mg (5.93%), Vitamin B1: 0.09mg (5.92%), Vitamin K: 6.1µg (5.81%), Folate: 23.22µg (5.8%), Calcium: 55.9mg (5.59%), Vitamin B3: 0.87mg (4.33%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.59mg (3.94%), Vitamin B5: 0.36mg (3.64%), Vitamin A: 139.41IU (2.79%), Selenium: 1.75µg (2.5%)