



Winter Black Bean Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz black beans rinsed drained canned
- 2 Tbsp cilantro leaves chopped
- 10 oz kernel corn whole frozen thawed
- 0.3 tsp ground cumin
- 1 env. seasons garlic & herb dressing mix good
- 0.3 cup juice of lime fresh
- 0.5 tsp jalapeño pepper fresh minced
- 0.3 cup onion red chopped

1 medium tomatoes chopped

Equipment

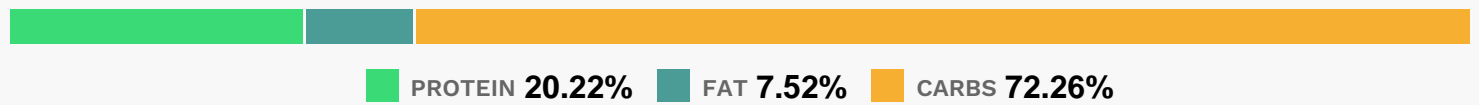
bowl

Directions

Mix all ingredients in large bowl until well blended; cover. Refrigerate at least 15 minutes.

Serve with tortilla chips. Store leftover salsa in airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.1630434711342%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 19.52kcal (0.98%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 63.27mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Fiber: 0.98g (3.94%), Folate: 11.26µg (2.81%), Manganese: 0.05mg (2.31%), Vitamin C: 1.58mg (1.92%), Phosphorus: 18.9mg (1.89%), Potassium: 62.45mg (1.78%), Iron: 0.3mg (1.67%), Magnesium: 6.25mg (1.56%), Copper: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.08%)