



Zesty Black Bean and Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 45 ounce black beans rinsed drained canned
- 4 ears corn fresh sweet white
- 0.3 cup cilantro leaves fresh chopped to taste
- 3 bell peppers diced green seeded
- 4 bunches green onions chopped
- 1 cup 1 cup zesty italian dressing italian to taste
- 1 jalapeno chopped
- 1 juice of lime juiced

4 tomatoes diced seeded

Equipment

bowl

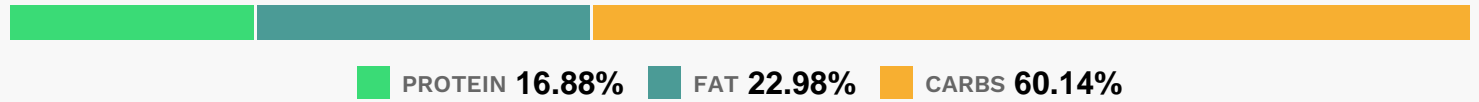
plastic wrap

Directions

Mix corn, black beans, green onions, bell pepper, tomatoes, cilantro, lime juice, and jalapeno pepper together in a large bowl.

Add zesty Italian dressing; stir. Cover bowl with plastic wrap and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:13.806086851203%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 5g (7.69%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 20.25g (7.36%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 611.66mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Vitamin C: 38.25mg (46.37%), Fiber: 9.19g (36.77%), Vitamin K: 34.32µg (32.69%), Folate: 92.47µg (23.12%), Manganese: 0.4mg (20.08%), Potassium: 603.75mg (17.25%), Phosphorus: 164.02mg (16.4%), Vitamin B1: 0.24mg (15.81%), Magnesium: 58.83mg (14.71%), Iron: 2.57mg (14.27%), Copper: 0.28mg (13.82%), Vitamin A: 635.09IU (12.7%), Vitamin B6: 0.21mg (10.48%), Vitamin B2: 0.17mg (9.9%), Vitamin B3: 1.67mg (8.33%), Vitamin E: 0.88mg (5.87%), Zinc: 0.87mg (5.8%), Calcium: 53.9mg (5.39%), Vitamin B5: 0.49mg (4.91%), Selenium: 2.01µg (2.87%)