



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

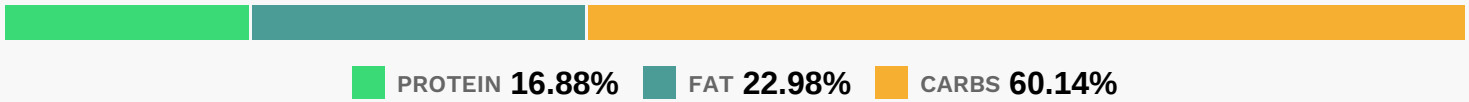
Equipment

- ☐ 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, 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%)