



Zesty Santa Fe Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce canned (from chipotle peppers)
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chipotle peppers in adobo sauce canned chopped
- ☐ 4 servings corn chips
- ☐ 0.5 cup kernel corn whole frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 jalapeno minced seeded

- ☐ 4 servings garnish: jalapeño pepper seeded sliced lengthwise
- ☐ 2 tablespoons juice of lime
- ☐ 1 large onion thinly sliced
- ☐ 14.5 ounce hunt's petite tomatoes diced with mild green chilies canned
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

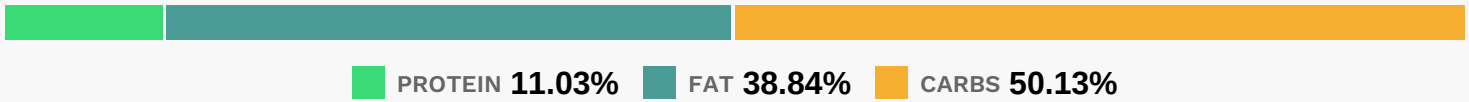
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Saut onion and garlic in hot oil in a large saucepan over medium-high heat 5 minutes or until tender.
- ☐ Add tomatoes and next 3 ingredients; bring to a boil. Reduce heat to medium low, and cook, covered, 10 minutes, stirring occasionally.
- ☐ Process 1 cup tomato mixture in a blender until smooth, stopping to scrape down sides; return to saucepan.
- ☐ Stir in black beans, corn, and salt; cook 3 minutes or until thoroughly heated. Stir in cilantro and lime juice.
- ☐ Garnish, if desired.
- ☐ Serve with your choice of chips.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.21, Inflammation Score:-7, Nutrition Score:17.361738992774%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 379.84kcal (18.99%), Fat: 17.09g (26.3%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 37.99g (13.81%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 866.5mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.85%), Fiber: 11.66g (46.64%), Manganese: 0.68mg (33.82%), Vitamin C: 23.92mg (28.99%), Vitamin E: 4.07mg (27.13%), Folate: 95.62µg (23.9%), Copper: 0.46mg (22.81%), Phosphorus: 227.81mg (22.78%), Vitamin K: 23.85µg (22.71%), Potassium: 781.95mg (22.34%), Iron: 3.99mg (22.17%), Magnesium: 85.99mg (21.5%), Vitamin B6: 0.36mg (18.19%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.22mg (13.22%), Calcium: 127.54mg (12.75%), Vitamin B3: 2.44mg (12.19%), Zinc: 1.38mg (9.21%), Vitamin B5: 0.73mg (7.32%), Vitamin A: 343.45IU (6.87%), Selenium: 4.77µg (6.82%)