



Salsa Bean Appetizer

By Sara Oldroyd, USU Extension

Mix in small bowl and set aside.

- ¼ cup cilantro leaves, chopped (optional)
- 3-4 T lime juice
- 2 T olive oil
- 2 T vinegar
- 1 tsp salt
- ½ tsp pepper

In large bowl mix together:

- 2 cans black beans, drained
- 1 can white corn, drained

Add:

- 1 or 2 avocados, diced
- 5 Roma tomatoes, seeds removed, diced
- 1 small red onion, minced

Pour oil/vinegar mixture over the salsa. Mix well. Refrigerate until ready to use. Serve with tortilla chips or as a garnish.

Nutritional Analysis	Diabetic Exchanges																																																												
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">Nutrition Facts</td> </tr> <tr> <td colspan="2">Serving Size 1/12 of recipe 153g (153g)</td> </tr> <tr> <td colspan="2">Servings Per Container 12</td> </tr> <tr> <td colspan="2" style="text-align: center;">Amount Per Serving</td> </tr> <tr> <td>Calories 162</td> <td>Calories from Fat 65</td> </tr> <tr> <td colspan="2" style="text-align: center;">% Daily Value*</td> </tr> <tr> <td>Total Fat 8g</td> <td style="text-align: right;">12%</td> </tr> <tr> <td> Saturated Fat 1g</td> <td style="text-align: right;">6%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 386mg</td> <td style="text-align: right;">16%</td> </tr> <tr> <td>Total Carbohydrate 21g</td> <td style="text-align: right;">7%</td> </tr> <tr> <td> Dietary Fiber 7g</td> <td style="text-align: right;">28%</td> </tr> <tr> <td> Sugars 1g</td> <td></td> </tr> <tr> <td>Protein 6g</td> <td></td> </tr> <tr> <td>Vitamin A 5%</td> <td>Vitamin C 15%</td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 8%</td> </tr> <tr> <td colspan="2">*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</td> </tr> <tr> <td></td> <td style="text-align: center;">Calories 2,000 2,500</td> </tr> <tr> <td>Total Fat</td> <td style="text-align: center;">Less than 65g 80g</td> </tr> <tr> <td>Sat Fat</td> <td style="text-align: center;">Less than 20g 25g</td> </tr> <tr> <td>Cholesterol</td> <td style="text-align: center;">Less than 300mg 300mg</td> </tr> <tr> <td>Sodium</td> <td style="text-align: center;">Less than 2,400mg 2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td style="text-align: center;">300g 375g</td> </tr> <tr> <td>Fiber</td> <td style="text-align: center;">25g 30g</td> </tr> <tr> <td colspan="2">Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</td> </tr> <tr> <td colspan="2" style="text-align: center;">NutritionData.com</td> </tr> </table>	Nutrition Facts		Serving Size 1/12 of recipe 153g (153g)		Servings Per Container 12		Amount Per Serving		Calories 162	Calories from Fat 65	% Daily Value*		Total Fat 8g	12%	Saturated Fat 1g	6%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 386mg	16%	Total Carbohydrate 21g	7%	Dietary Fiber 7g	28%	Sugars 1g		Protein 6g		Vitamin A 5%	Vitamin C 15%	Calcium 2%	Iron 8%	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			Calories 2,000 2,500	Total Fat	Less than 65g 80g	Sat Fat	Less than 20g 25g	Cholesterol	Less than 300mg 300mg	Sodium	Less than 2,400mg 2,400mg	Total Carbohydrate	300g 375g	Fiber	25g 30g	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		NutritionData.com		<table style="width: 100%;"> <tr> <td style="width: 60%;">Fat</td> <td style="text-align: right;">1.5</td> </tr> <tr> <td>Carbohydrate</td> <td style="text-align: right;">1.5</td> </tr> <tr> <td>Protein</td> <td style="text-align: right;">1</td> </tr> </table>	Fat	1.5	Carbohydrate	1.5	Protein	1
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