

Avocado, Black Bean and Corn Salsa

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-avocado-salsa-recipes>

Ingredients:

- 2 fresh avocados ripe, pitted and peeled, about 8 oz.
- 1/4 cup salad dressing vinaigrette
- 1/4 cup scallions sliced
- 15 ounces black beans drained, rinsed
- 1 cup corn kernels drained, if fresh or thawed, if frozen
- 1/2 cup red pepper diced
- salt to taste

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 12 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 840 milligrams
9. Sugar: 4 grams

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