

# Black Bean Salsa

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-black-bean-salsa-with-italian-dressing>

## Ingredients:

- 1 can black beans rinsed and drained-low sodium
- 1/2 yellow pepper diced
- 1/2 red pepper diced
- 4 Roma tomatoes diced
- 1/2 red onion diced
- 3 garlic cloves minced
- 1/2 bunch fresh cilantro chopped
- 1 jalapeno minced
- fresh lime juice
- salt
- pepper

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 30 grams
3. Fat: 0.5 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. Sodium: 630 milligrams
7. Sugar: 4 grams

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