

Black Bean Salsa

Ingredients:

- 1 can black beans, drained and rinsed
- 1 can Rotel tomatoes
- 1 cup fresh corn frozen or (thawed)
- 1/4 cup cilantro, chopped

Directions:

1. Mix beans, Rotel tomatoes, corn, and cilantro in a medium bowl.
2. Serve cold or at room temperature with whole grain chips, or on its own. Store in the fridge.

Nutrition Facts

Serving Size 1/4 cup (66g)
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 9g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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