



## All-Purpose Southwestern Corn and Black Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons cumin seeds
- ☐ 1 pound black beans dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups corn kernels fresh
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves minced

- ☐ 1 cup bell pepper green chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 teaspoons honey
- ☐ 2 jalapeño peppers minced seeded
- ☐ 0.5 cup juice of lime fresh 3 limes
- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 cup bell pepper red chopped
- ☐ 2 teaspoons salt
- ☐ 2 cups tomatoes seeded chopped
- ☐ 1 cup vidalia sweet finely chopped
- ☐ 11.5 cups water divided

## Equipment

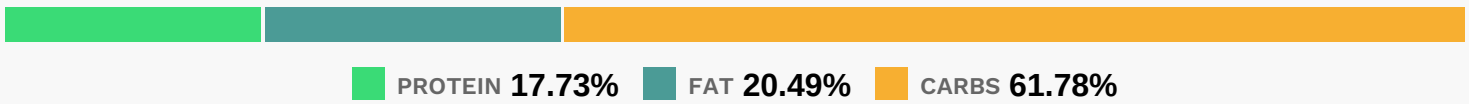
- ☐ bowl
- ☐ whisk
- ☐ pressure cooker

## Directions

- ☐ To prepare salad, sort and wash the beans.
- ☐ Combine beans and 5 1/2 cups water in a 6-quart pressure cooker. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 1 minute.
- ☐ Remove from heat; place cooker under cold running water.
- ☐ Remove lid.
- ☐ Drain beans; rinse with cold water.
- ☐ Drain and cool.
- ☐ Heat 1 teaspoon oil in cooker over medium heat.
- ☐ Add cumin seeds and 2 garlic cloves; cook 1 minute, stirring frequently.

- ☐ Add beans and 6 cups water. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure, and cook 12 minutes.
- ☐ Remove from heat; place cooker under cold running water.
- ☐ Remove lid.
- ☐ Drain bean mixture; rinse with cold water.
- ☐ Drain and cool.
- ☐ Combine bean mixture, corn, tomato, onion, and bell peppers in a large bowl.
- ☐ To prepare dressing, combine juice and next 7 ingredients (juice through jalapeos), stirring with a whisk. Stir in cilantro.
- ☐ Pour dressing over bean mixture; stir gently to combine. Cover and refrigerate at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.19, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:16.360434894976%

## Flavonoids

Petunidin: 5.82mg, Petunidin: 5.82mg, Petunidin: 5.82mg, Petunidin: 5.82mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 4.01mg, Malvidin: 4.01mg, Malvidin: 4.01mg, Malvidin: 4.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 5.06g (7.79%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 26.7g (9.71%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 420.33mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Folate: 193.94µg (48.49%), Vitamin C: 37.92mg (45.96%), Fiber: 7.67g (30.69%), Manganese: 0.57mg (28.36%), Vitamin B1: 0.42mg (27.84%), Potassium: 797.53mg (22.79%), Magnesium: 87.26mg (21.81%), Copper: 0.42mg (21.03%), Vitamin A: 958.69IU (19.17%), Phosphorus: 178.94mg (17.89%), Iron: 2.8mg (15.54%), Vitamin B6: 0.28mg (13.91%), Zinc: 1.71mg (11.39%), Vitamin K: 10.65µg (10.15%),

Vitamin E: 1.42mg (9.46%), Vitamin B3: 1.68mg (8.38%), Calcium: 73.27mg (7.33%), Vitamin B2: 0.12mg (7.15%),  
Vitamin B5: 0.64mg (6.36%), Selenium: 1.81µg (2.59%)