



 **58%**  
HEALTH SCORE

## Aztec Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 15 ounces black beans drained and rinsed
- 0.5 cup quinoa cooked
- 2 cups regular corn frozen thawed
- 3 tbsp juice of lime

### Equipment

### Directions

- Combine all ingredients except lime juice and chill or allow to cool until room temperature.
- Add lime juice before serving. Chef's note: You can substitute three ears of fresh corn for the frozen.

Amount Per Serving

Calories

Fat

90g

Carbohydrate

20g Dietary Fiber 10.2g Sugars 2.5g Protein 10.8g

## Nutrition Facts



## Properties

Glycemic Index:16.6, Glycemic Load:5.64, Inflammation Score:-6, Nutrition Score:11.839130463322%

## Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 201.39kcal (10.07%), Fat: 1.34g (2.05%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 30.57g (11.12%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 5.63mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Folate: 161.79µg (40.45%), Fiber: 9.8g (39.2%), Manganese: 0.6mg (30.01%), Magnesium: 93.21mg (23.3%), Phosphorus: 205.87mg (20.59%), Vitamin B1: 0.3mg (19.84%), Potassium: 538.31mg (15.38%), Iron: 2.52mg (13.99%), Copper: 0.25mg (12.47%), Zinc: 1.62mg (10.82%), Vitamin B6: 0.2mg (10.15%), Vitamin C: 7.45mg (9.03%), Vitamin B3: 1.63mg (8.14%), Vitamin B2: 0.13mg (7.64%), Vitamin B5: 0.41mg (4.1%), Calcium: 30.01mg (3%), Selenium: 2.08µg (2.97%)