



WHATSheATE



Beans and Corn Salad (Ensalada de Frijol y Maiz)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients



15 oz black beans drained and rinsed canned



15 oz garbanzo beans drained and rinsed canned



15 oz beans red drained and rinsed canned



15 oz beans white drained and rinsed canned



0.5 teaspoon chili powder



1 cup regular corn cooked



1 teaspoon cumin powder

- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red thinly sliced
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons vinegar white

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the vinaigrette: in a small bowl, whisk together the olive oil, lime juice, vinegar, cumin, chili powder, salt and pepper.
- ☐ Add the beans, cilantro, red onion and vinaigrette and toss to coat evenly.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.6, Glycemic Load:9.56, Inflammation Score:-6, Nutrition Score:15.002173848774%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 257.85kcal (12.89%), Fat: 5.42g (8.34%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 29.1g (10.58%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 688.39mg (29.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.75%), Manganese: 1.06mg (52.79%), Fiber: 12.2g (48.8%), Folate: 102.56µg (25.64%), Iron: 4.27mg (23.71%), Phosphorus: 226.78mg (22.68%), Magnesium: 84.4mg (21.1%), Vitamin B6: 0.41mg (20.72%), Copper: 0.41mg (20.39%), Potassium: 702.95mg (20.08%), Vitamin B1: 0.23mg (15.16%), Zinc: 1.75mg (11.67%), Calcium: 100.03mg (10%), Vitamin K: 9.25µg (8.81%), Vitamin B2: 0.15mg (8.62%), Vitamin C: 6.55mg (7.94%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.61mg (6.1%), Vitamin B3: 1.11mg (5.55%), Selenium: 3.37µg (4.82%), Vitamin A: 172.5IU (3.45%)