



Best Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 regular corn whole cooked drained canned
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon juice of lime
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper diced red

- ☐ 0.5 cup onion diced red
- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings salt and pepper to taste
- ☐ 1 bell pepper diced yellow

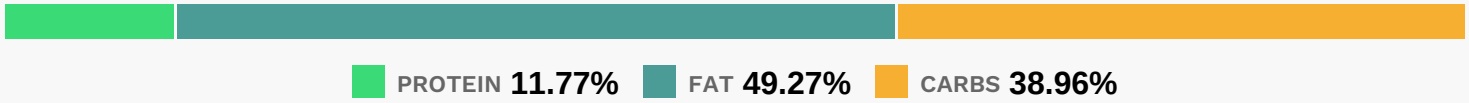
Equipment

- ☐ bowl

Directions

- ☐ In a medium serving bowl, combine the peppers, onion, corn, garlic and cilantro.
- ☐ Add the olive oil, vinegar, lime juice, and beans, and toss well to coat.Season to taste with salt and pepper.
- ☐ Serve with tortilla chips, if desired, or as a salad side dish.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:11.901304416035%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 166.96kcal (8.35%), Fat: 9.36g (14.4%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 10.59g (3.85%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 469.89mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin C: 81.09mg (98.29%), Fiber: 6.06g (24.25%), Folate: 62.24µg (15.56%), Vitamin A: 738.72IU (14.77%), Manganese: 0.27mg (13.29%), Vitamin E: 1.69mg (11.25%), Potassium: 363.83mg (10.4%), Vitamin B6: 0.2mg (9.85%), Phosphorus: 96.12mg (9.61%), Iron: 1.73mg (9.59%), Copper: 0.18mg (9.1%), Vitamin B1: 0.13mg (8.95%), Magnesium: 33.52mg (8.38%), Vitamin K: 7.98µg (7.6%),

Vitamin B2: 0.12mg (6.87%), Vitamin B3: 0.93mg (4.64%), Calcium: 35.27mg (3.53%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.27mg (2.67%), Selenium: 1.14µg (1.63%)