



Black and White Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 15 oz black beans rinsed drained green giant® progresso® canned
- ☐ 4.5 oz chilis green chopped old el paso® canned
- ☐ 1 teaspoon chili powder
- ☐ 7 oz corn kernels sweet whole green drained giant® niblets® canned
- ☐ 15.5 oz cannellini beans green rinsed drained giant® canned
- ☐ 1 cup jicama finely chopped
- ☐ 6 servings romaine leaves
- ☐ 2 tablespoons cooking oil

- ☐ 3 large bell pepper red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt

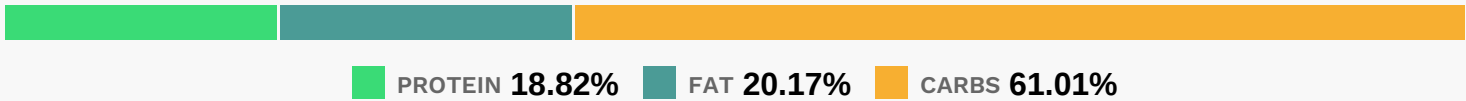
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In Dutch oven or large saucepan, bring 6 cups water to a boil. Meanwhile, cut bell peppers in half lengthwise; remove seeds.
- ☐ Place peppers in boiling water for 2 minutes.
- ☐ Drain; rinse with cold water until cool.
- ☐ In large bowl, combine vinegar, chili powder, salt and oil; blend well.
- ☐ Add all remaining ingredients except lettuce and bell peppers; blend well.
- ☐ Spoon bean mixture into pepper halves.
- ☐ Serve immediately on lettuce-lined plates, or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:24.802608738775%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 254.78kcal (12.74%), Fat: 5.98g (9.19%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 26.48g (9.63%), Sugar: 5.57g (6.18%), Cholesterol: 0mg (0%), Sodium: 539.86mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin C: 124.38mg (150.76%), Vitamin A: 4493IU (89.86%), Fiber: 14.18g (56.72%), Folate: 191.19µg (47.8%), Manganese: 0.77mg (38.48%), Phosphorus: 248.91mg (24.89%), Potassium: 834.81mg (23.85%), Iron: 4.08mg (22.67%), Vitamin B6: 0.44mg (22.06%), Magnesium: 83.03mg (20.76%), Vitamin B1: 0.3mg (20.18%), Copper: 0.36mg (17.83%), Vitamin E: 2.44mg (16.27%), Vitamin B2: 0.27mg (15.72%), Vitamin B3: 2.38mg (11.91%), Calcium: 101.99mg (10.2%), Zinc: 1.46mg (9.72%), Vitamin B5: 0.75mg (7.53%), Vitamin K: 7.76µg (7.39%), Selenium: 4.63µg (6.62%)