



Black and White Bean Salad (Ensalada de Frijoles Negros y Blancos)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 2 cans black beans drained and rinsed (each 15 oz.)
- ☐ 2 cans beans white drained and rinsed (each 15 oz.)
- ☐ 1 cucumber english sliced
- ☐ 1 pint grape tomatoes halved
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 jalapeño minced seeded
- ☐ 2 juice of lime

- ☐ 2 tablespoons olive oil
- ☐ 1 small onion fresh red thinly sliced chopped
- ☐ 8 servings salt and pepper to your taste black
- ☐ 2 tablespoons vinegar white

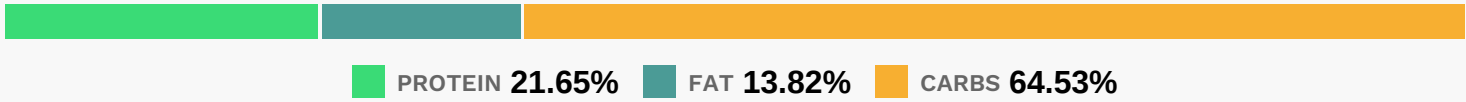
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the vinaigrette, in a small bowl, whisk together the olive oil, lime juice, vinegar, cumin, salt and pepper. Set aside.In a large bowl mix the black and white beans, tomatoes, red onion, jalapeño and cucumber.
- ☐ Add the vinaigrette and toss to coat evenly.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:6.21, Inflammation Score:-8, Nutrition Score:18.203043419382%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 272.41kcal (13.62%), Fat: 4.31g (6.64%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 31.72g (11.53%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 611.56mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Fiber: 13.59g (54.36%), Manganese: 0.92mg (45.94%), Folate: 149.03µg (37.26%), Iron: 5.64mg (31.36%), Potassium: 1036.51mg (29.61%), Magnesium: 105.74mg (26.44%),

Copper: 0.51mg (25.66%), Phosphorus: 239.91mg (23.99%), Vitamin C: 16.42mg (19.9%), Vitamin B1: 0.29mg (19.28%), Vitamin K: 17.26µg (16.44%), Zinc: 1.99mg (13.28%), Calcium: 131.62mg (13.16%), Vitamin E: 1.79mg (11.93%), Vitamin A: 576.6IU (11.53%), Vitamin B2: 0.19mg (11.45%), Vitamin B6: 0.21mg (10.69%), Vitamin B3: 1.21mg (6.05%), Vitamin B5: 0.56mg (5.64%), Selenium: 3.29µg (4.7%)