



Black Bean and Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.3 cup cider vinegar
- 4 ears corn
- 1 teaspoon garlic minced
- 2 tablespoons olive oil
- 1 teaspoon freshly cracked pepper black
- 1 cup bell pepper diced red
- 0.8 cup onion diced red

- 1 teaspoon sea salt
- 0.5 cup snow peas julienned

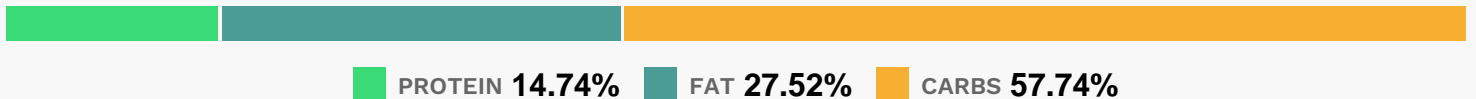
Equipment

- bowl
- frying pan
- grill
- cutting board
- serrated knife

Directions

- Watch how to make this recipe.
- Preheat the grill to medium.
- Grill the corn until lightly charred, about 2 minutes, turning frequently.
- Transfer the corn to a cutting board and using a serrated knife remove the kernels. Set aside.
- In a medium saute pan over medium-high heat, add the olive oil, then the red bell pepper and the red onion.
- Saute for 3 minutes, then add the vinegar, beans and corn and saute for 2 minutes. Stir in the garlic and the snow peas and saute for 1 minute more.
- Remove from the heat to a serving bowl and season with salt and pepper.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:12.417391424594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 178.91kcal (8.95%), Fat: 5.81g (8.93%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 20.15g (7.33%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 671.6mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (13.99%), Vitamin C: 44.32mg (53.72%), Fiber: 7.26g (29.04%), Folate: 87.16µg (21.79%), Manganese: 0.41mg (20.66%), Vitamin A: 983.61IU (19.67%), Vitamin B1: 0.23mg (15.23%), Phosphorus: 148.62mg (14.86%), Potassium: 492.05mg (14.06%), Magnesium: 55.15mg (13.79%), Iron: 2.07mg (11.49%), Vitamin B6: 0.21mg (10.56%), Copper: 0.19mg (9.7%), Vitamin B3: 1.82mg (9.12%), Vitamin B2: 0.15mg (8.96%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.73mg (7.33%), Vitamin K: 6.88µg (6.55%), Zinc: 0.79mg (5.28%), Calcium: 39.22mg (3.92%), Selenium: 1.56µg (2.23%)