



Black Bean and Corn Salad I

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

735 min.

SERVINGS

servings

6

CALORIES

calories

339 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.3 teaspoon cilantro leaves dried
- ☐ 0.5 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon seasoned pepper
- ☐ 0.5 cup bell pepper red chopped

- ☐ 0.5 cup balsamic vinaigrette salad dressing
- ☐ 30 ounce kernel corn whole drained canned

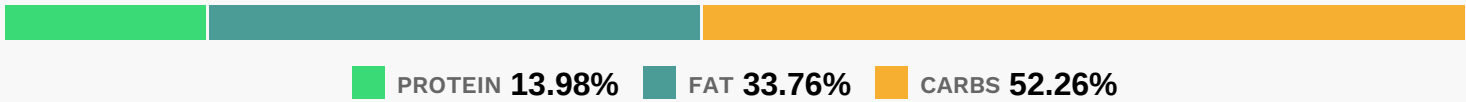
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside.
- ☐ In a large bowl, stir together beans, corn, onion, green onions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:15.089565287466%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 339.32kcal (16.97%), Fat: 12.97g (19.95%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 34.65g (12.6%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 778.11mg (33.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.18%), Fiber: 10.53g (42.11%), Vitamin K: 38.73µg (36.88%), Folate: 141.23µg (35.31%), Vitamin C: 24.75mg (29.99%), Manganese: 0.47mg (23.43%), Phosphorus: 222.07mg (22.21%), Potassium: 674.97mg (19.28%), Iron: 3.28mg (18.21%), Magnesium: 70.23mg (17.56%), Copper: 0.33mg (16.62%), Vitamin B1: 0.24mg (15.86%), Vitamin B2: 0.21mg (12.53%), Vitamin B3: 2.17mg (10.87%), Vitamin A: 496.88IU (9.94%), Zinc: 1.25mg (8.37%), Vitamin E: 1.22mg (8.14%), Vitamin B6: 0.14mg (6.84%), Calcium: 63.64mg (6.36%), Selenium: 2.32µg (3.31%), Vitamin B5: 0.32mg (3.24%)