



Black Bean and Corn Salad with Mango



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup avocado diced peeled (1 large)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.5 cup cotija cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh (3 ears)
- ☐ 1 garlic clove minced
- ☐ 0.8 cup spring onion minced (6 onions)

- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.3 cups mangos diced peeled
- ☐ 0.3 cup olive oil
- ☐ 1 bell pepper red cut into 1/2-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 2 medium tomatoes seeded cut into 1/2-inch pieces

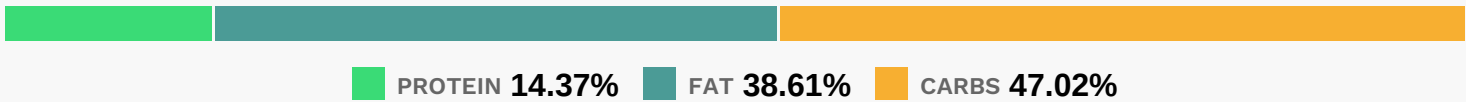
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring with a whisk.
- ☐ Add corn and next 7 ingredients (through bell pepper); toss gently. Cover and refrigerate overnight, if desired.
- ☐ Add avocado and cheese; toss gently.
- ☐ Serve immediately.
- ☐ Serve it with Pan-Fried Beef Tenderloin, grilled shrimp, or Cilantro-Lime Rice.
- ☐ Kids Can Help: Kids can make the entire vinaigrette themselves and chop the tomatoes and red bell pepper with a plastic knife.

Nutrition Facts



Properties

Glycemic Index:28.9, Glycemic Load:1.82, Inflammation Score:-7, Nutrition Score:11.760869385756%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 173.15kcal (8.66%), Fat: 7.84g (12.06%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 14.57g (5.3%), Sugar: 4.88g (5.42%), Cholesterol: 5.56mg (1.85%), Sodium: 398.49mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin C: 32.26mg (39.1%), Fiber: 6.91g (27.66%), Vitamin K: 23.32µg (22.21%), Folate: 81.25µg (20.31%), Vitamin A: 882.1IU (17.64%), Manganese: 0.29mg (14.32%), Phosphorus: 133.25mg (13.33%), Potassium: 451.91mg (12.91%), Vitamin B1: 0.17mg (11.21%), Vitamin B2: 0.19mg (11.06%), Magnesium: 43.12mg (10.78%), Copper: 0.21mg (10.5%), Iron: 1.81mg (10.07%), Vitamin B6: 0.19mg (9.67%), Vitamin E: 1.44mg (9.63%), Vitamin B3: 1.4mg (7.02%), Calcium: 68.83mg (6.88%), Vitamin B5: 0.56mg (5.62%), Zinc: 0.82mg (5.48%), Selenium: 2.22µg (3.17%), Vitamin B12: 0.11µg (1.76%)