



Black Bean and Couscous Salad with Jalapeño-Lemon Dressing



Vegetarian



Vegan



Dairy Free

READY IN



13 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup black beans canned rinsed drained
- ☐ 0.7 cup couscous uncooked
- ☐ 0.8 teaspoon cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions finely chopped
- ☐ 1 jalapeno minced
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 teaspoon salt

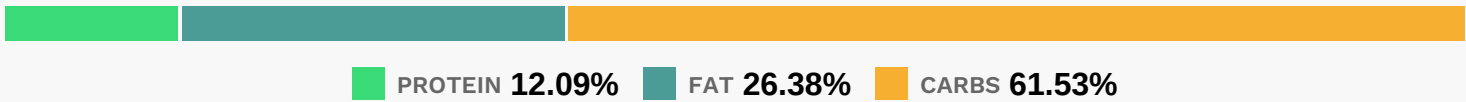
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Prepare couscous according to package directions, omitting salt and fat.
- ☐ Spread couscous on a baking sheet in a thin layer; let stand 5 to 10 minutes or until completely cooled.
- ☐ Meanwhile, combine lemon rind and next 6 ingredients in a small bowl; set aside
- ☐ Combine couscous, beans, and onion in a large bowl.
- ☐ Add reserved lemon mixture and toss gently.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:3.5147826062596%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 94.88kcal (4.74%), Fat: 2.79g (4.3%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 12.69g (4.61%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 275.74mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin K: 14.88µg (14.17%), Manganese: 0.17mg (8.25%), Fiber: 1.97g (7.89%), Vitamin C: 6.26mg (7.58%), Phosphorus: 43.81mg (4.38%), Folate: 17.27µg (4.32%), Copper:

0.07mg (3.58%), Magnesium: 13.35mg (3.34%), Vitamin B1: 0.05mg (3.33%), Vitamin B3: 0.66mg (3.28%), Vitamin E: 0.48mg (3.23%), Iron: 0.55mg (3.08%), Potassium: 97.49mg (2.79%), Vitamin B5: 0.23mg (2.26%), Vitamin B2: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.13%), Vitamin A: 82.88IU (1.66%), Zinc: 0.23mg (1.55%), Calcium: 14.71mg (1.47%)