



Black Bean and Granny Smith Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



30 ounce black beans rinsed drained canned



1 tablespoon canola oil



0.1 teaspoon cayenne pepper



2 tablespoons cilantro leaves fresh chopped



2 granny smith apples cored unpeeled chopped



2 teaspoons ground cumin



2 tablespoons juice of lemon



1 onion diced

- ☐ 1 bell pepper red chopped
- ☐ 0.5 teaspoon salt

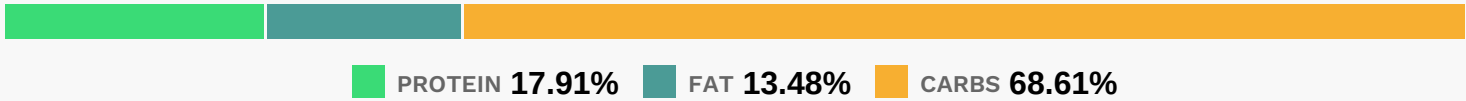
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Heat the canola oil in a skillet over medium heat. Cook and stir the onion and red bell pepper in the hot oil until the onion has softened and turned translucent, about 5 minutes; season with cumin, salt, and cayenne pepper.
- ☐ Scrape into a mixing bowl; stir in the black beans, apples, lemon juice, and cilantro. Refrigerate until cold before serving.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:20.06739120898%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 296.13kcal (14.81%), Fat: 4.64g (7.14%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 35.04g (12.74%), Sugar: 12.1g (13.44%), Cholesterol: 0mg (0%), Sodium: 1112.22mg (48.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Fiber: 18.1g (72.39%), Vitamin C: 53.12mg (64.39%), Folate: 153.13µg (38.28%), Manganese: 0.63mg (31.66%), Iron: 5.02mg (27.86%), Phosphorus: 261.22mg (26.12%), Potassium: 883.13mg (25.23%), Vitamin B1: 0.35mg (23.35%), Copper: 0.46mg (22.97%), Magnesium: 89.55mg (22.39%), Vitamin A: 1042.32IU (20.85%), Vitamin B2: 0.32mg (18.64%), Vitamin B6: 0.28mg (14.17%), Calcium: 98.45mg (9.85%), Zinc: 1.36mg (9.07%), Vitamin B3: 1.78mg (8.92%), Vitamin E: 1.32mg (8.8%), Vitamin K: 6.79µg (6.47%), Vitamin B5: 0.59mg (5.86%), Selenium: 3µg (4.28%)