



Black Bean-and-Mandarin Orange Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon bottled garlic fresh minced
- 15 ounce black beans rinsed drained canned
- 1 teaspoon dijon mustard
- 0.3 teaspoon cilantro leaves fresh minced
- 0.3 teaspoon ground cumin
- 1.5 cups lettuce shredded finely
- 11 ounce mandarin oranges in syrup light undrained canned
- 2 ounces monterrey jack cheese diced

- 1 teaspoon olive oil
- 0.3 teaspoon pepper
- 0.3 cup onion red chopped
- 2 tablespoons red wine vinegar

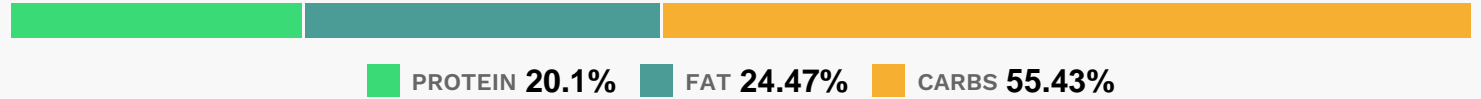
Equipment

- whisk

Directions

- Drain oranges, reserving 1 1/2 tablespoons syrup; set oranges aside.
- Combine the syrup, vinegar, and the next 5 ingredients (vinegar through pepper); stir with a wire whisk until blended.
- Add oranges, cheese, red onion, garlic, and beans; stir well.
- Serve on lettuce-lined plates.

Nutrition Facts



Properties

Glycemic Index:86.33, Glycemic Load:5.72, Inflammation Score:-8, Nutrition Score:16.969565163488%

Flavonoids

Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 283.18kcal (14.16%), Fat: 7.96g (12.25%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 28.11g (10.22%), Sugar: 12.43g (13.81%), Cholesterol: 16.82mg (5.61%), Sodium: 683.68mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Fiber: 12.48g (49.91%), Vitamin C: 34.17mg (41.42%), Folate: 119.69µg (29.92%), Phosphorus: 275.11mg (27.51%), Manganese: 0.5mg (25.07%), Calcium:

245.59mg (24.56%), Vitamin A: 1044.81IU (20.9%), Potassium: 713.01mg (20.37%), Vitamin B1: 0.29mg (19.35%), Iron: 3.39mg (18.86%), Magnesium: 73.56mg (18.39%), Vitamin B2: 0.3mg (17.51%), Copper: 0.35mg (17.35%), Vitamin B6: 0.23mg (11.41%), Zinc: 1.52mg (10.17%), Vitamin K: 10.37µg (9.87%), Selenium: 5.61µg (8.01%), Vitamin B3: 1.38mg (6.89%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.16µg (2.61%)