



## Black Bean and Mango Rice Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves chopped
- 1.5 cups brown rice cooked
- 10 oz regular corn frozen thawed
- 0.3 tsp ground cumin
- 0.3 cup juice of lime
- 1 cup mangos ripe chopped
- 1 env. seasons dressing mix italian good

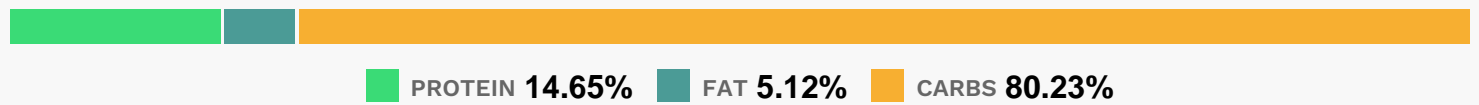
- 0.3 cup onions red chopped
- 0.5 cup pasilla peppers red chopped

## Equipment

## Directions

- Combine all ingredients; cover.
- Refrigerate at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:3.9008695483208%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 57.39kcal (2.87%), Fat: 0.35g (0.53%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 9.85g (3.58%), Sugar: 1.43g (1.58%), Cholesterol: 0mg (0%), Sodium: 86.79mg (3.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin C: 10.5mg (12.72%), Manganese: 0.25mg (12.34%), Fiber: 2.39g (9.57%), Folate: 25.34µg (6.33%), Magnesium: 20.29mg (5.07%), Phosphorus: 49.94mg (4.99%), Vitamin A: 227.18IU (4.54%), Vitamin B1: 0.07mg (4.37%), Potassium: 148.73mg (4.25%), Vitamin B6: 0.08mg (4.18%), Copper: 0.07mg (3.61%), Iron: 0.64mg (3.53%), Vitamin B3: 0.67mg (3.33%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.38µg (1.32%), Calcium: 11.93mg (1.19%)