



## Black Bean and Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves chopped
- 2 green onions thinly sliced
- 1 tsp ground cumin
- 1 cup rice white instant uncooked
- 0.5 cup free peppercorn ranch dressing kraft
- 1 medium bell pepper red cut into thin strips

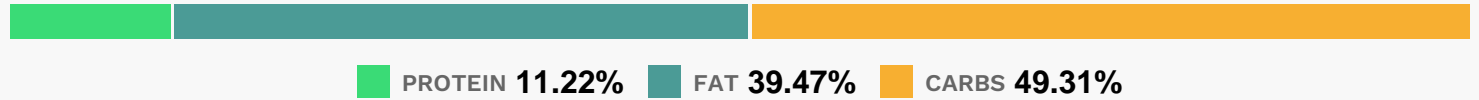
## Equipment

bowl

## Directions

- Cook rice as directed on pkg; place in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:17.748695615193%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 319.2kcal (15.96%), Fat: 14.08g (21.66%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 30.96g (11.26%), Sugar: 2.83g (3.14%), Cholesterol: 7.8mg (2.6%), Sodium: 684.13mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Vitamin K: 57.23µg (54.5%), Vitamin C: 42.39mg (51.38%), Folate: 143.37µg (35.84%), Fiber: 8.61g (34.42%), Manganese: 0.54mg (26.8%), Vitamin B1: 0.38mg (25.04%), Iron: 4.03mg (22.39%), Vitamin A: 1080.77IU (21.62%), Phosphorus: 208.92mg (20.89%), Selenium: 10.53µg (15.04%), Copper: 0.26mg (13.22%), Potassium: 445.92mg (12.74%), Vitamin B3: 2.54mg (12.69%), Magnesium: 48.58mg (12.14%), Vitamin B2: 0.19mg (11.36%), Vitamin B6: 0.19mg (9.38%), Vitamin E: 1.22mg (8.13%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.63mg (6.32%), Calcium: 62.07mg (6.21%)