



Black bean chimichurri salad

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



1102 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g black bean garlic sauce drained and rinsed canned
- ☐ 1 tomatoes roughly chopped
- ☐ 0.3 onion red roughly chopped
- ☐ 0.5 avocado chopped
- ☐ 50 g feta cheese crumbled
- ☐ 1 large handful cilantro leaves
- ☐ 1 large handful parsley
- ☐ 2 tbsp sherry vinegar

- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.5 garlic clove roughly chopped
- ☐ 0.3 tsp chili powder
- ☐ 0.3 tsp ground cumin

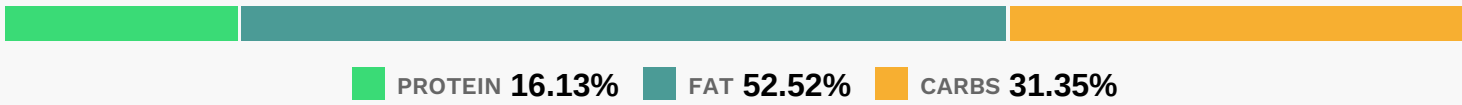
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Whizz all the chimichurri ingredients together in a blender or the small bowl of a food processor, until combined. Season to taste and set aside.
- ☐ In a bowl or plastic container toss together all the salad ingredients.
- ☐ Drizzle over the dressing, or keep it separate in a small jar to stir through the salad just before eating.

Nutrition Facts



Properties

Glycemic Index:231, Glycemic Load:3.28, Inflammation Score:-9, Nutrition Score:31.607391445533%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 1102.28kcal (55.11%), Fat: 65.5g (100.78%), Saturated Fat: 12.73g (79.58%), Carbohydrates: 87.96g (29.32%), Net Carbohydrates: 55.88g (20.32%), Sugar: 50.93g (56.59%), Cholesterol: 44.5mg (14.83%), Sodium: 615.47mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.27g (90.53%), Fiber: 32.08g (128.32%), Vitamin K: 127.45µg (121.38%), Iron: 10.59mg (58.84%), Vitamin E: 7.28mg (48.52%), Vitamin A: 2196.37IU (43.93%), Vitamin C: 36mg (43.63%), Vitamin B2: 0.6mg (35.5%), Folate: 129.92µg (32.48%), Vitamin B6: 0.65mg (32.31%), Calcium: 297.05mg (29.71%), Phosphorus: 271.69mg (27.17%), Potassium: 933.1mg (26.66%), Manganese: 0.42mg (21.14%), Vitamin B5: 2.08mg (20.76%), Zinc: 2.48mg (16.54%), Copper: 0.32mg (16.19%), Vitamin B3: 3.22mg (16.08%), Magnesium: 62.37mg (15.59%), Vitamin B1: 0.22mg (14.43%), Vitamin B12: 0.85µg (14.08%), Selenium: 8.46µg (12.08%), Vitamin D: 0.2µg (1.33%)