



Black Bean, Corn and Shrimp Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted peeled cut into 1/2-inch dice
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 8 6-inch corn tortillas cut into wedges
- ☐ 0.5 teaspoon cumin
- ☐ 2 ears corn
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup olive oil

- ☐ 4 cups the of 1 cos lettuce shredded
- ☐ 4 servings salt and pepper
- ☐ 2 spring onion light white green chopped
- ☐ 0.8 pound shrimp deveined cooked peeled chopped

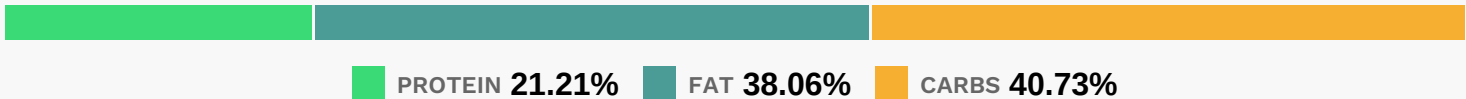
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400F.
- ☐ Spread tortilla wedges on 1 or 2 large, ungreased baking sheets and bake until crisp, 10 to 15 minutes.
- ☐ Cut kernels off ears of corn into a large bowl (you should have about 1 1/2 cups).
- ☐ Add beans, avocado, tomatoes, scallions, cumin, olive oil, lime juice and shrimp and toss gently to combine. Season with salt and pepper.
- ☐ Arrange lettuce on a serving plate, spoon shrimp salad on top and serve with tortilla wedges.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:10.52, Inflammation Score:-10, Nutrition Score:30.621739055799%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 540.26kcal (27.01%), Fat: 23.97g (36.88%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 41.38g (15.05%), Sugar: 5.37g (5.96%), Cholesterol: 136.93mg (45.64%), Sodium: 746.56mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.06g (60.13%), Vitamin A: 4505.4IU (90.11%), Vitamin K: 80.51µg (76.68%), Fiber: 16.34g (65.35%), Phosphorus: 555.33mg (55.53%), Folate: 200.43µg (50.11%), Copper: 0.8mg (39.82%), Magnesium: 148.29mg (37.07%), Manganese: 0.72mg (36.09%), Potassium: 1241.17mg (35.46%), Vitamin C: 24.73mg (29.97%), Iron: 4.66mg (25.89%), Vitamin B1: 0.36mg (23.68%), Vitamin E: 3.49mg (23.26%), Zinc: 3.13mg (20.84%), Vitamin B6: 0.42mg (20.76%), Vitamin B3: 3.51mg (17.54%), Vitamin B2: 0.3mg (17.52%), Calcium: 168.25mg (16.82%), Vitamin B5: 1.4mg (14.01%), Selenium: 5.46µg (7.79%)