



Black Bean, Corn and Tomato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons agave nectar
- 30 ounce black beans rinsed drained canned
- 0.5 teaspoon cayenne pepper
- 0.8 cup chicken broth
- 1 bay leaf dried
- 4 ears corn
- 0.3 cup cilantro leaves fresh chopped
- 1 cup jicama diced peeled

- 1 tablespoon kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon
- 2 tablespoons lemon zest
- 2 tablespoons juice of lime
- 2 tablespoons lime zest
- 0.3 cup olive oil extra-virgin
- 3 tablespoons olive oil
- 1 onion diced
- 2.5 teaspoons paprika smoked
- 2 tomatoes chopped

Equipment

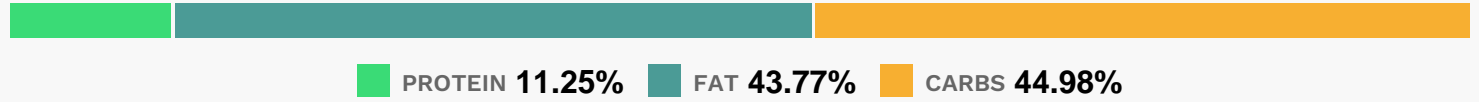
- bowl
- frying pan
- whisk

Directions

- Watch how to make this recipe.
- Salad: In a large skillet, heat the oil over medium-high heat.
- Add the onion, salt, smoked paprika, and cayenne pepper, if using. Cook for 6 to 8 minutes until soft.
- Add the corn kernels and bay leaf. Cook, stirring constantly, for 2 minutes.
- Add the broth and black beans. Bring the mixture to a boil, reduce the heat and simmer for 4 minutes.
- Add the tomatoes and jicama and stir until warmed through, about 1 minute.
- Remove the pan from the heat.
- Dressing: In a small bowl, combine the lemon juice, lime juice, agave nectar (or maple syrup, if using), lemon zest, and lime zest.

- Whisk in the olive oil until the mixture is smooth. Season with salt and pepper, to taste.
- Remove the bay leaf and put the salad in a serving bowl.
- Pour the dressing over the salad and mix well. Season with salt and pepper, to taste.
- Garnish with chopped cilantro and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:14.815217343685%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 335.36kcal (16.77%), Fat: 16.82g (25.87%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 26.51g (9.64%), Sugar: 9.98g (11.09%), Cholesterol: 0.59mg (0.2%), Sodium: 1823.05mg (79.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.45%), Fiber: 12.37g (49.47%), Vitamin C: 23.89mg (28.96%), Folate: 105.06µg (26.27%), Manganese: 0.47mg (23.33%), Vitamin E: 3.08mg (20.55%), Iron: 3.36mg (18.66%), Potassium: 643.49mg (18.39%), Phosphorus: 179.03mg (17.9%), Vitamin A: 884.17IU (17.68%), Vitamin K: 18.45µg (17.57%), Vitamin B1: 0.25mg (16.91%), Copper: 0.34mg (16.76%), Magnesium: 62.29mg (15.57%), Vitamin B2: 0.24mg (14.18%), Vitamin B6: 0.2mg (9.93%), Vitamin B3: 1.46mg (7.31%), Calcium: 70.23mg (7.02%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.5µg (3.57%)