



Black Bean, Jícama, and Grilled Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.5 cup carrots peeled
- ☐ 2 large ears corn husked
- ☐ 0.3 cup basil fresh packed chopped ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup jicama peeled

- ☐ 3 tablespoons juice of lime fresh
- ☐ 2.5 teaspoons lime zest grated
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons orange juice

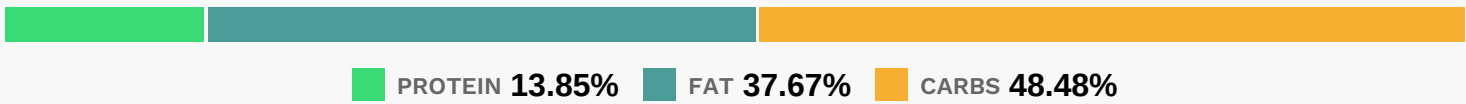
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush corn with 1 tablespoon olive oil. Grill corn until tender and brown in spots, turning occasionally, about 10 minutes. Cool slightly.
- ☐ Cut off corn kernels; place in large bowl.
- ☐ Add black beans, jicama, carrots, green onions, cilantro, and basil.
- ☐ Whisk lime juice, orange juice, lime peel, cumin, and remaining 4 tablespoons oil in small bowl.
- ☐ Mix dressing into bean salad. Season generously with salt and pepper. (Can be made 4 hours ahead. Cover; chill.
- ☐ Let stand at room temperature 1 hour before serving.)

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:12.194782775381%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 219.69kcal (10.98%), Fat: 9.62g (14.8%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 18.58g (6.76%), Sugar: 3.48g (3.87%), Cholesterol: 0mg (0%), Sodium: 421.22mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Fiber: 9.26g (37.06%), Vitamin A: 1549.51IU (30.99%), Folate: 88.82µg (22.2%), Vitamin K: 20.33µg (19.36%), Manganese: 0.35mg (17.45%), Vitamin C: 14.15mg (17.16%), Phosphorus: 156.57mg (15.66%), Vitamin B1: 0.22mg (14.77%), Potassium: 508.05mg (14.52%), Iron: 2.53mg (14.07%), Magnesium: 56.02mg (14%), Copper: 0.25mg (12.35%), Vitamin E: 1.48mg (9.84%), Vitamin B2: 0.16mg (9.65%), Vitamin B3: 1.47mg (7.34%), Vitamin B6: 0.12mg (5.93%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.52mg (5.21%), Calcium: 49.42mg (4.94%), Selenium: 1.77µg (2.52%)