



## Black Bean & Mango Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15.5 oz black beans rinsed canned
- 0.3 cup cilantro leaves fresh chopped
- 10 oz regular corn frozen thawed
- 0.3 cup juice of lime
- 1 cup mangos chopped
- 0.7 oz env. seasons dressing mix italian good
- 0.3 cup onions red chopped
- 0.5 cup pasilla peppers red chopped

0.5 lb chicken breasts boneless skinless cut into bite-size pieces

## Equipment

## Directions

Combine ingredients.

## Nutrition Facts



**PROTEIN 28.98%** **FAT 7.75%** **CARBS 63.27%**

## Properties

Glycemic Index:35.69, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:21.171739329462%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 286.87kcal (14.34%), Fat: 2.58g (3.97%), Saturated Fat: 0.54g (3.41%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 36.54g (13.29%), Sugar: 7.27g (8.07%), Cholesterol: 36.29mg (12.1%), Sodium: 865.85mg (37.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Vitamin C: 53.49mg (64.83%), Fiber: 10.94g (43.76%), Vitamin B3: 8.3mg (41.48%), Vitamin B6: 0.74mg (36.95%), Folate: 128.81µg (32.2%), Phosphorus: 316.61mg (31.66%), Selenium: 20.5µg (29.28%), Potassium: 909.22mg (25.98%), Vitamin A: 1151.52IU (23.03%), Manganese: 0.45mg (22.44%), Magnesium: 85.12mg (21.28%), Vitamin B1: 0.3mg (19.7%), Vitamin B2: 0.29mg (17.08%), Iron: 2.99mg (16.61%), Copper: 0.32mg (16.18%), Vitamin B5: 1.4mg (14.01%), Zinc: 1.54mg (10.29%), Vitamin K: 7.04µg (6.7%), Vitamin E: 0.84mg (5.62%), Calcium: 56.04mg (5.6%), Vitamin B12: 0.11µg (1.89%)