



Black Bean & Mango Chicken Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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:9.52, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:5.6456522050759%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 76.5kcal (3.82%), Fat: 0.69g (1.06%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 9.74g (3.54%), Sugar: 1.94g (2.15%), Cholesterol: 9.68mg (3.23%), Sodium: 230.89mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin C: 14.26mg (17.29%), Fiber: 2.92g (11.67%), Vitamin B3: 2.21mg (11.06%), Vitamin B6: 0.2mg (9.85%), Folate: 34.35µg (8.59%), Phosphorus: 84.43mg (8.44%), Selenium: 5.47µg (7.81%), Potassium: 242.46mg (6.93%), Vitamin A: 307.07IU (6.14%), Manganese: 0.12mg (5.99%), Magnesium: 22.7mg (5.67%), Vitamin B1: 0.08mg (5.25%), Vitamin B2: 0.08mg (4.56%), Iron: 0.8mg (4.43%), Copper: 0.09mg (4.31%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.41mg (2.74%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.22mg (1.5%), Calcium: 14.94mg (1.49%)