



Black Bean, Rice, and Sweet Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup black beans canned rinsed drained
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons juice of lime fresh (2 large limes)
- ☐ 0.5 cup rice long-grain

- ☐ 1 teaspoon salt divided
- ☐ 1 cup water

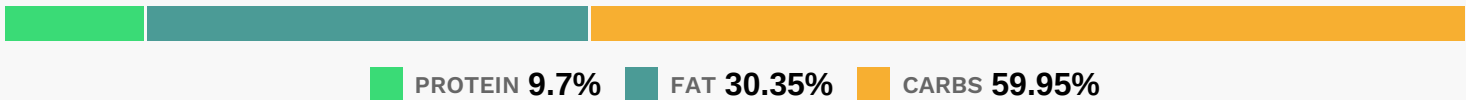
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 1 cup water and 1/2 teaspoon salt in a large, heavy saucepan; bring to a boil.
- ☐ Add rice to pan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Fluff with a fork.
- ☐ Combine remaining 1/2 teaspoon salt, juice, oil, pepper, and garlic in a large bowl.
- ☐ Add rice and beans; toss to coat.
- ☐ Let stand 15 minutes or until completely cool. Stir in corn and cilantro.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:5.61, Inflammation Score:-2, Nutrition Score:3.7726086637248%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 111.94kcal (5.6%), Fat: 3.9g (6%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 15.24g (5.54%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 378.62mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Manganese: 0.22mg (11.23%), Fiber: 2.08g (8.32%), Vitamin C: 5.44mg (6.59%), Folate: 23.11µg (5.78%), Phosphorus: 55.14mg (5.51%), Vitamin B1: 0.07mg (4.68%), Magnesium: 18.66mg (4.66%), Copper: 0.09mg (4.38%), Potassium: 146.65mg (4.19%), Vitamin E: 0.57mg (3.78%), Vitamin K:

3.9µg (3.71%), Iron: 0.65mg (3.6%), Vitamin B3: 0.66mg (3.32%), Selenium: 2.21µg (3.15%), Vitamin B5: 0.31mg (3.07%), Vitamin B6: 0.06mg (2.87%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.35mg (2.31%), Calcium: 15.09mg (1.51%), Vitamin A: 74.49IU (1.49%)