



Black Bean-Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce no-salt-added black beans canned
- 1 boil-in-bag rice
- 0.8 cup salsa

Equipment

Directions

- Use 1 bag boil-in-bag rice to prepare 2 cups cooked rice.

Combine rice, 1 (15-ounce) can no-salt-added black beans, drained, and 3/4 cup salsa. Cover and chill.

Nutrition Facts



PROTEIN 25.14% **FAT 3.73%** **CARBS 71.13%**

Properties

Glycemic Index:22.8, Glycemic Load:4.91, Inflammation Score:-6, Nutrition Score:10.952608735665%

Nutrients (% of daily need)

Calories: 155.38kcal (7.77%), Fat: 0.67g (1.03%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 18.56g (6.75%), Sugar: 1.86g (2.06%), Cholesterol: 0mg (0%), Sodium: 320.88mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Fiber: 10.13g (40.52%), Folate: 160.37µg (40.09%), Manganese: 0.53mg (26.49%), Magnesium: 81.79mg (20.45%), Vitamin B1: 0.28mg (18.44%), Phosphorus: 164.72mg (16.47%), Potassium: 503.47mg (14.38%), Iron: 2.44mg (13.55%), Copper: 0.25mg (12.72%), Zinc: 1.29mg (8.61%), Vitamin B6: 0.16mg (7.98%), Vitamin B3: 1.09mg (5.43%), Vitamin A: 240.38IU (4.81%), Vitamin B2: 0.08mg (4.61%), Calcium: 42.42mg (4.24%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.36mg (3.58%), Selenium: 1.75µg (2.5%), Vitamin K: 2.05µg (1.95%), Vitamin C: 0.93mg (1.12%)