

Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado peeled seeded chopped
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 3 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 jalapeño peppers seeded chopped
- ☐ 3 tablespoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 small purple onion chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 2 large tomatoes seeded chopped

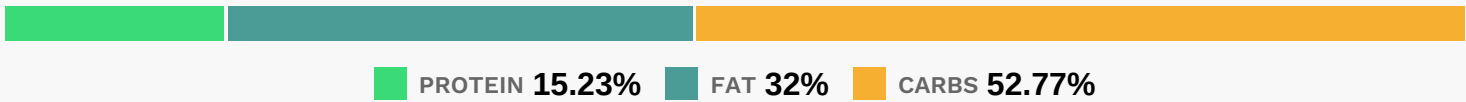
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook corn in boiling water to cover 5 minutes; drain and cool.
- ☐ Cut corn from cob.
- ☐ Whisk together lime juice and next 4 ingredients in a large bowl.
- ☐ Add corn, black beans, and remaining ingredients; toss to coat. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:13.5291304381%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 214.31kcal (10.72%), Fat: 8.09g (12.45%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 19.34g (7.03%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 709.31mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Fiber: 10.69g (42.75%), Vitamin C: 22.99mg (27.86%), Folate: 111.12µg (27.78%), Manganese: 0.43mg (21.69%), Potassium: 693.02mg (19.8%), Phosphorus: 175.57mg (17.56%), Vitamin B1: 0.25mg (16.34%), Magnesium: 65.03mg (16.26%), Copper: 0.31mg (15.47%), Iron: 2.56mg (14.19%), Vitamin K: 13.89µg (13.23%), Vitamin B6: 0.23mg (11.63%), Vitamin B2: 0.2mg (11.57%), Vitamin A: 577.17IU (11.54%), Vitamin B3: 2.06mg (10.31%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 0.87mg (8.72%), Zinc: 1.01mg (6.72%), Calcium: 51.24mg (5.12%), Selenium: 1.79µg (2.56%)