



## Black Bean Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

## Ingredients

- 1 teaspoon pepper black
- 2 cans black beans drained
- 15 ounce regular corn drained canned
- 1 tablespoon cilantro leaves chopped
- 0.3 cup green onions diced
- 1 pinch ground cumin
- 3 tablespoons honey
- 1 jalapeño minced seeded

- 0.5 juice of lime
- 0.3 cup pineapple diced
- 0.3 cup bell pepper diced red
- 0.3 cup onion diced red
- 2 roma tomatoes diced
- 1 tablespoons salt
- 4 tablespoons sherry vinegar

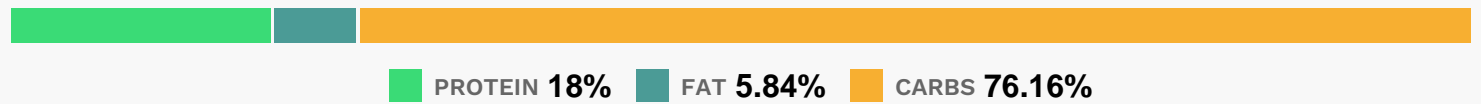
## Equipment

- bowl

## Directions

- Watch how to make this recipe.
- Mix all ingredients in a bowl and refrigerate for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:42.62, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:9.8660868924597%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 172.63kcal (8.63%), Fat: 1.15g (1.77%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 25.73g (9.36%), Sugar: 7.97g (8.85%), Cholesterol: 0mg (0%), Sodium: 1369.51mg (59.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Fiber: 7.99g (31.97%), Folate: 89.46µg (22.37%), Vitamin C: 18.01mg (21.83%), Manganese: 0.41mg (20.3%), Phosphorus: 146.61mg (14.66%), Potassium: 474.56mg

(13.56%), Iron: 2.38mg (13.24%), Copper: 0.25mg (12.49%), Magnesium: 48.42mg (12.11%), Vitamin B1: 0.17mg (11.64%), Vitamin B2: 0.15mg (9%), Vitamin K: 8.88µg (8.45%), Vitamin A: 338.1IU (6.76%), Vitamin B3: 1.3mg (6.49%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.11mg (5.44%), Calcium: 47.39mg (4.74%), Vitamin B5: 0.26mg (2.6%), Selenium: 1.52µg (2.17%), Vitamin E: 0.25mg (1.65%)