



Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed cooked drained canned (or)
- ☐ 1.5 cups regular corn fresh frozen cooled drained (or corn, parboiled, and , or grilled and)
- ☐ 0.5 cup green onions chopped (including onion greens)
- ☐ 0.5 pickled jalapeño pepper fresh minced seeded (not)
- ☐ 3 plum tomatoes fresh red seeded chopped
- ☐ 2 tablespoons juice of lime (the juice from one lime)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 avocado peeled seeded cut into chunks

- ☐ 0.5 teaspoon sugar to taste ()
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup cilantro leaves fresh chopped

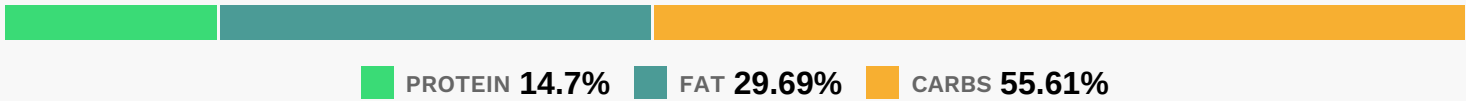
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, gently combine the black beans, corn, chopped green onions, minced jalapeños, chopped tomatoes (or red bell pepper), lime juice, and olive oil. Gently fold in the chopped avocados.
- ☐ salt and pepper to taste.
- ☐ Sprinkle with sugar to taste, enough to balance the acidity from the lime juice. Chill.
- ☐ Right before serving, add the chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:20.583043585653%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 229.52kcal (11.48%), Fat: 8.17g (12.57%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 23.31g (8.48%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 203.42mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin C: 87.29mg (105.81%), Folate: 183.58µg (45.9%), Fiber: 11.12g (44.49%), Vitamin A: 2105.89IU (42.12%), Vitamin K: 32.98µg (31.41%), Manganese: 0.52mg (25.78%),

Magnesium: 82.26mg (20.57%), Potassium: 699.66mg (19.99%), Vitamin B6: 0.4mg (19.79%), Vitamin B1: 0.28mg (18.48%), Phosphorus: 172.73mg (17.27%), Vitamin E: 2.1mg (14.01%), Iron: 2.38mg (13.21%), Copper: 0.25mg (12.75%), Vitamin B3: 2.3mg (11.49%), Vitamin B2: 0.18mg (10.75%), Zinc: 1.49mg (9.94%), Vitamin B5: 0.97mg (9.7%), Calcium: 36.85mg (3.69%), Selenium: 1.45µg (2.07%)