



## Black Bean Salad with Fresh Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 0.5 tablespoon pepper black
- 0.3 cup cilantro leaves chopped (leaves and stems)
- 2 cups black beans rinsed cooked
- 1 ear corn boiled
- 0.5 tablespoon ground cumin
- 0.5 cup juice of lime
- 0.3 cup olive oil
- 0.5 medium poblano pepper diced

- 0.5 medium bell pepper diced red
- 0.5 medium onion diced red
- 1 tablespoon salt

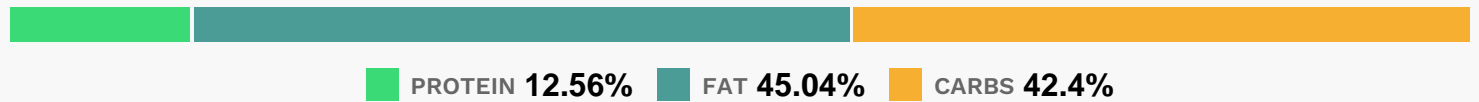
## Equipment

- bowl
- whisk

## Directions

- Combine the beans, corn, onion, peppers, and cilantro in a large bowl.
- Whisk together the remaining ingredients in a small bowl and pour over the bean mixture. Chill the salad for 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:9.7791303655376%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 184.69kcal (9.23%), Fat: 9.71g (14.94%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 14.48g (5.26%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 1168.45mg (50.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Vitamin C: 28.63mg (34.71%), Folate: 101.59µg (25.4%), Fiber: 6.1g (24.4%), Manganese: 0.4mg (20.2%), Magnesium: 53.28mg (13.32%), Vitamin B1: 0.19mg (12.5%), Phosphorus: 107.26mg (10.73%), Vitamin E: 1.58mg (10.56%), Iron: 1.85mg (10.27%), Potassium: 338.68mg (9.68%), Vitamin K: 9.75µg (9.29%), Vitamin A: 443.01IU (8.86%), Copper: 0.16mg (7.93%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.82mg (5.45%), Vitamin B3: 0.77mg (3.87%), Vitamin B2: 0.06mg (3.67%), Vitamin B5: 0.33mg (3.34%), Calcium:

30.52mg (3.05%), Selenium: 0.91µg (1.3%)