



Black Bean Salad with Lime-Cumin Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 1 cup celery thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion red vertically sliced
- ☐ 1 tablespoon sugar

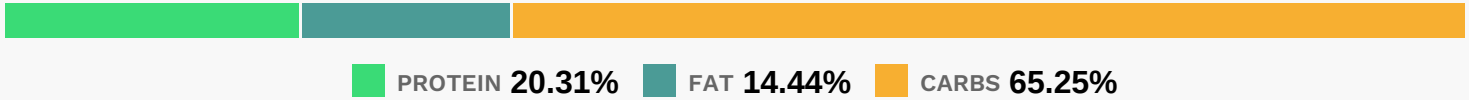
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, combine celery, onion, and black beans in a large bowl; toss well.
- ☐ To prepare the dressing, combine the lime juice, sugar, oil, and cumin in a small bowl; stir mixture with a whisk until blended.
- ☐ Pour over bean mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:15.39304345587%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 255.76kcal (12.79%), Fat: 4.24g (6.52%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 27.42g (9.97%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 838.48mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Fiber: 15.66g (62.63%), Folate: 146.01µg (36.5%), Manganese: 0.57mg (28.36%), Phosphorus: 247.13mg (24.71%), Iron: 4.27mg (23.73%), Potassium: 784.35mg (22.41%), Copper: 0.43mg (21.71%), Vitamin B1: 0.32mg (21.42%), Magnesium: 81.86mg (20.47%), Vitamin B2: 0.28mg (16.52%), Vitamin C: 13.29mg (16.11%), Calcium: 94.76mg (9.48%), Vitamin K: 9.72µg (9.26%), Vitamin B6: 0.18mg (8.9%), Zinc: 1.25mg (8.34%), Vitamin B3: 1.46mg (7.31%), Vitamin B5: 0.51mg (5.09%), Selenium: 3.05µg (4.36%), Vitamin E: 0.62mg (4.1%), Vitamin A: 131.63IU (2.63%)