



Black Bean Salad with Spicy Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

SIDE DISH

Ingredients

- 1 cup spicy black beans drained
- 0.3 cup no-salt-added whole-kernel corn canned drained
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon garlic minced
- 1 tablespoon green onions chopped
- 1 teaspoon jalapeno seeded chopped
- 0.5 teaspoon olive oil
- 0.1 teaspoon pepper

- 2 tablespoons bell pepper sweet red chopped
- 2 tablespoons balsamic vinegar white
- 0.3 cup zucchini chopped

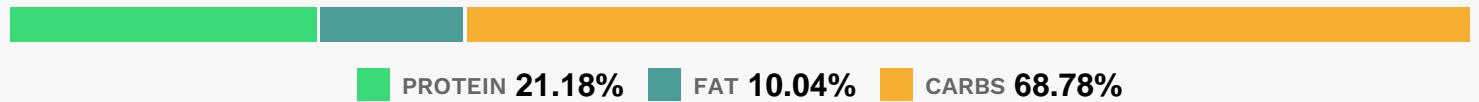
Equipment

- bowl

Directions

- Combine all ingredients in a small bowl, stirring well. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:142.5, Glycemic Load:5.63, Inflammation Score:-7, Nutrition Score:11.15695658974%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 159.51kcal (7.98%), Fat: 1.82g (2.8%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 19.6g (7.13%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 49.12mg (2.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Folate: 146.51µg (36.63%), Fiber: 8.46g (33.84%), Manganese: 0.51mg (25.66%), Vitamin C: 19.06mg (23.1%), Magnesium: 70.31mg (17.58%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 145.53mg (14.55%), Potassium: 433.57mg (12.39%), Iron: 2.17mg (12.06%), Copper: 0.21mg (10.53%), Vitamin K: 9.25µg (8.81%), Vitamin A: 407.74IU (8.15%), Zinc: 1.15mg (7.66%), Vitamin B6: 0.15mg (7.54%), Vitamin B2: 0.1mg (5.75%), Vitamin B3: 0.86mg (4.31%), Calcium: 37.16mg (3.72%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.44mg (2.94%), Selenium: 1.44µg (2.06%)