



 **79%**
HEALTH SCORE

Black Bean Taco Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 ounces black beans rinsed drained canned
- 2.3 ounces olives ripe drained sliced canned
- 1.5 cups tomatoes chopped
- 0.3 cup spring onion chopped
- 0.3 cup cheddar cheese shredded
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 1 teaspoon ground cumin

- 0.3 teaspoon pepper
- 6 ounces pkt spinach chopped

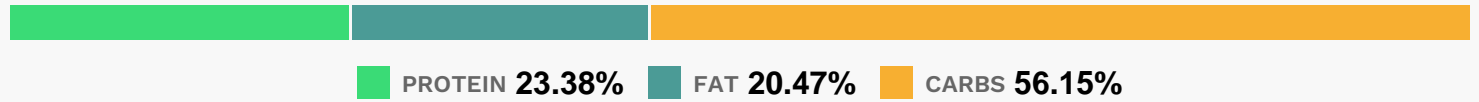
Equipment

- bowl

Directions

- Mix beans, olives, tomatoes, onions, cheese and cilantro in large bowl.
- Mix lime juice, cumin and pepper; toss with bean mixture.
- Serve on spinach.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:30.080434674802%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 281.16kcal (14.06%), Fat: 6.67g (10.27%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 24.09g (8.76%), Sugar: 2.06g (2.29%), Cholesterol: 9.42mg (3.14%), Sodium: 1165.68mg (50.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.31%), Vitamin K: 226.57µg (215.78%), Vitamin A: 4759.05IU (95.18%), Fiber: 17.11g (68.43%), Folate: 228.47µg (57.12%), Manganese: 0.99mg (49.49%), Vitamin C: 29.08mg (35.25%), Iron: 5.9mg (32.76%), Phosphorus: 314.18mg (31.42%), Potassium: 1080.37mg (30.87%), Magnesium: 122.61mg (30.65%), Copper: 0.53mg (26.71%), Vitamin B1: 0.37mg (24.46%), Vitamin B2: 0.4mg (23.43%), Calcium: 208.4mg (20.84%), Vitamin B6: 0.27mg (13.33%), Vitamin E: 1.94mg (12.91%), Zinc: 1.88mg (12.54%), Vitamin B3: 2.08mg (10.4%), Selenium: 6.08µg (8.69%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.1µg (1.66%)