



Black Beans and Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons salad dressing fat-free italian
- ☐ 0.5 teaspoon lime zest grated
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 3.5 cups the salad mixed (half of 10-oz bag)
- ☐ 1 medium tomatoes cut into wedges

Equipment

- ☐ bowl
- ☐ measuring cup

Directions

- ☐ In 1-cup measuring cup, mix dressing, lime peel, lime juice and cilantro.
- ☐ In large bowl, toss beans, salad greens and tomato. Stir in dressing mixture until salad is coated. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:6.4695651997691%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 89.41kcal (4.47%), Fat: 1.74g (2.68%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 9.21g (3.35%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 348.84mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Fiber: 5.15g (20.61%), Folate: 55.25µg (13.81%), Vitamin C: 10.98mg (13.31%), Manganese: 0.23mg (11.29%), Phosphorus: 92.03mg (9.2%), Potassium: 316.33mg (9.04%), Vitamin A: 447.02IU (8.94%), Iron: 1.57mg (8.73%), Copper: 0.16mg (8.11%), Vitamin B1: 0.12mg (7.73%), Magnesium: 30.2mg (7.55%), Vitamin B2: 0.1mg (5.95%), Vitamin K: 5.76µg (5.49%), Vitamin B6: 0.08mg (3.98%), Vitamin B3: 0.7mg (3.52%), Zinc: 0.47mg (3.16%), Calcium: 31.25mg (3.12%), Vitamin E: 0.27mg (1.81%), Vitamin B5: 0.18mg (1.8%), Selenium: 1.16µg (1.65%)