



## Cinco De Mayo Salad

 Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 fillet anchovy chopped
- 15.5 ounce black beans rinsed drained canned
- 0.3 cup seasoned croutons
- 2 ears corn fresh
- 0.7 cup cilantro leaves fresh chopped
- 1 pint grape tomatoes halved
- 8 servings salt and ground pepper black to taste
- 1 jalapeno minced seeded

- 1 tablespoon juice of lemon
- 32 ounce salad greens mixed
- 0.8 cup olive oil
- 1 tablespoon parmesan cheese grated to taste
- 0.3 cup yogurt plain
- 1 bell pepper diced red
- 0.3 cup red wine vinegar
- 0.3 cup shallots chopped

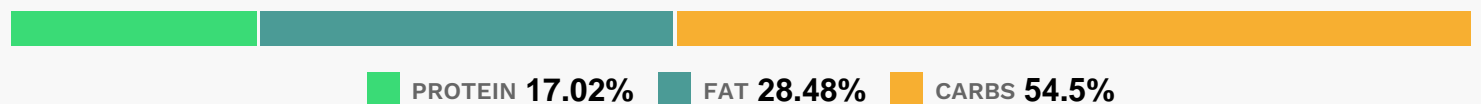
## Equipment

- bowl
- blender

## Directions

- Place cilantro, yogurt, red wine vinegar, 1/4 cup Parmesan cheese, shallots, anchovies, jalapeno, and lemon juice in a blender; blend until smooth.
- Slowly drizzle olive oil into the yogurt mixture while blending until oil is emulsified; season with salt and black pepper. Cover and refrigerate 3 hours to overnight.
- Toss salad greens, grape tomatoes, black beans, red bell pepper, corn, croutons, and 1 tablespoon Parmesan cheese together in a large bowl.
- Pour dressing over salad and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:15.546956521337%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin:

0.43mg, Naringenin: 0.43mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin:  
0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:  
0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg  
Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## **Nutrients (% of daily need)**

Calories: 158.44kcal (7.92%), Fat: 5.32g (8.18%), Saturated Fat: 1g (6.25%), Carbohydrates: 22.89g (7.63%), Net  
Carbohydrates: 17.23g (6.27%), Sugar: 4.66g (5.18%), Cholesterol: 2.14mg (0.71%), Sodium: 271.64mg (11.81%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin C: 60.29mg (73.08%), Vitamin A:  
2414.18IU (48.28%), Folate: 106.73µg (26.68%), Manganese: 0.47mg (23.35%), Fiber: 5.66g (22.66%), Potassium:  
656.74mg (18.76%), Phosphorus: 162.13mg (16.21%), Vitamin B6: 0.27mg (13.65%), Magnesium: 52.9mg (13.22%),  
Iron: 2.36mg (13.11%), Vitamin B1: 0.19mg (12.74%), Vitamin K: 12.61µg (12.01%), Copper: 0.23mg (11.45%), Vitamin B2:  
0.18mg (10.73%), Vitamin B3: 2.11mg (10.56%), Vitamin E: 1.27mg (8.46%), Calcium: 63.23mg (6.32%), Zinc: 0.92mg  
(6.11%), Vitamin B5: 0.58mg (5.79%), Selenium: 2.54µg (3.62%)