



Cold Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



221 kcal

SIDE DISH

Ingredients

- 30 ounce black beans rinsed drained canned
- 1 bell pepper red seeded chopped
- 0.5 teaspoon salt
- 3 serrano chile peppers seeded chopped
- 2 tomatoes finely chopped
- 2 tablespoons vegetable oil
- 0.3 cup citrus champagne vinegar

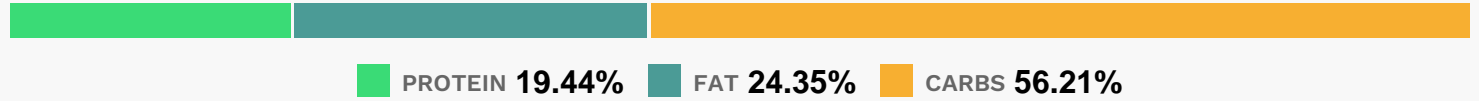
Equipment

bowl

Directions

In a medium serving bowl, mix together the black beans, tomatoes, chilies, bell pepper, vinegar, oil and salt. Chill for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:16.28304346748%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 221.34kcal (11.07%), Fat: 6.12g (9.41%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 18.83g (6.85%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 890.45mg (38.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Vitamin C: 43.47mg (52.69%), Fiber: 12.96g (51.84%), Folate: 122.92µg (30.73%), Manganese: 0.49mg (24.59%), Vitamin A: 1195.55IU (23.91%), Phosphorus: 204.1mg (20.41%), Potassium: 706.41mg (20.18%), Iron: 3.55mg (19.75%), Copper: 0.37mg (18.28%), Vitamin B1: 0.27mg (18.08%), Magnesium: 69.08mg (17.27%), Vitamin K: 15.48µg (14.74%), Vitamin B2: 0.24mg (13.92%), Vitamin B6: 0.22mg (11.02%), Vitamin B3: 1.64mg (8.18%), Vitamin E: 1.11mg (7.41%), Zinc: 1.08mg (7.17%), Calcium: 67.38mg (6.74%), Vitamin B5: 0.44mg (4.39%), Selenium: 2.25µg (3.21%)