



Colorful Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 90 oz black beans rinsed drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 12 oz corn frozen cooked drained
- ☐ 3 small cloves garlic crushed
- ☐ 6 spring onion thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 cups jicama diced peeled
- ☐ 0.8 cup red wine vinegar

- ☐ 3 cups tomatoes seeded chopped
- ☐ 0.3 cup vegetable oil

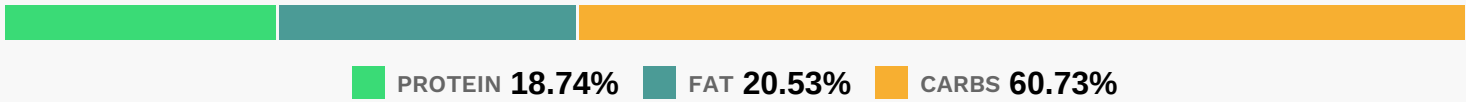
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix all dressing ingredients until well blended.
- ☐ Add salad ingredients; toss to mix. Cover and refrigerate at least 2 hours but no longer than 24 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:11.20173917646%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 180.54kcal (9.03%), Fat: 4.25g (6.53%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 17.59g (6.4%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 496.58mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Fiber: 10.67g (42.66%), Folate: 92.68µg (23.17%), Manganese: 0.38mg (19.19%), Phosphorus: 165.01mg (16.5%), Iron: 2.89mg (16.08%), Potassium: 544.65mg (15.56%), Vitamin K: 16.13µg (15.36%), Vitamin C: 12.54mg (15.2%), Copper: 0.28mg (14.18%), Magnesium: 56.58mg (14.15%), Vitamin B1: 0.21mg (14.13%), Vitamin B2: 0.18mg (10.76%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 1.29mg (6.46%), Zinc: 0.91mg (6.06%), Vitamin A: 277.41IU (5.55%), Calcium: 55.04mg (5.5%), Vitamin E: 0.59mg (3.92%), Vitamin B5: 0.34mg (3.38%), Selenium: 2.05µg (2.93%)