



Colorful Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 90 oz black beans rinsed drained progresso® canned
- ☐ 1.5 teaspoons chili powder
- ☐ 12 oz regular corn fresh green frozen cooked drained giant® niblets®
- ☐ 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

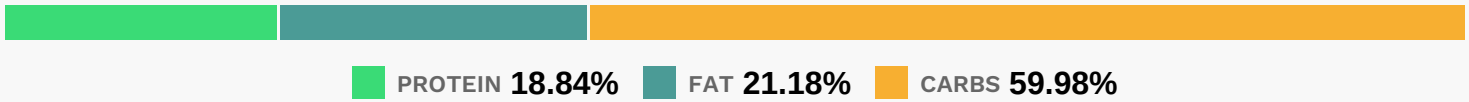
Equipment

- ☐ 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:8.77, Glycemic Load:2.19, Inflammation Score:-6, Nutrition Score:11.139130416124%

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: 180.2kcal (9.01%), Fat: 4.37g (6.72%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 17.23g (6.27%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 495.9mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Fiber: 10.6g (42.39%), Folate: 89.79µg (22.45%), Manganese: 0.39mg (19.26%), Phosphorus: 163.31mg (16.33%), Iron: 2.86mg (15.86%), Vitamin K: 16.2µg (15.42%), Potassium: 531.73mg (15.19%), Vitamin C: 12.25mg (14.85%), Copper: 0.28mg (14.16%), Vitamin B1: 0.21mg (14.02%), Magnesium: 55.56mg (13.89%), Vitamin B2: 0.18mg (10.45%), Vitamin B6: 0.13mg (6.56%), Vitamin B3: 1.29mg (6.46%), Vitamin A: 321.47IU (6.43%), Zinc: 0.9mg (5.97%), Calcium: 54.87mg (5.49%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.6mg (4.02%), Selenium: 1.95µg (2.78%)