



Confetti Cactus Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup nopalitos chopped (3 nopales – cactus paddles)

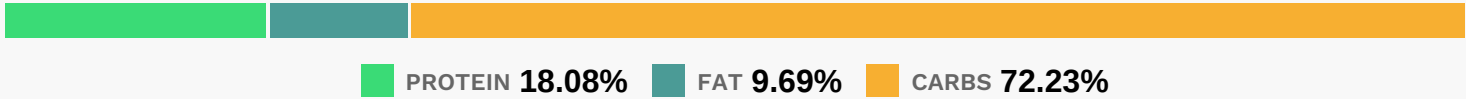
Equipment

- ☐ bowl

Directions

- ☐ To prepare salad, cook nopalitos in boiling water 10 minutes.
- ☐ Drain.
- ☐ Place nopalitos in a medium bowl; cool.
- ☐ Add onion, corn, cilantro, and beans; toss gently.
- ☐ To prepare vinaigrette, combine vinegar and remaining ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Pour vinaigrette over salad; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:3.62, Inflammation Score:-6, Nutrition Score:10.797825999882%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 177.06kcal (8.85%), Fat: 2g (3.08%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 24.28g (8.83%), Sugar: 8.47g (9.42%), Cholesterol: 0mg (0%), Sodium: 567.53mg (24.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Fiber: 9.26g (37.03%), Manganese: 0.47mg (23.63%), Folate: 89.31µg (22.33%), Magnesium: 67.32mg (16.83%), Phosphorus: 164.64mg (16.46%), Potassium:

557.61mg (15.93%), Vitamin B1: 0.23mg (15.17%), Vitamin C: 11.69mg (14.17%), Iron: 2.5mg (13.89%), Copper: 0.26mg (12.81%), Vitamin B2: 0.17mg (9.99%), Calcium: 85.87mg (8.59%), Vitamin B6: 0.16mg (7.91%), Vitamin B3: 1.45mg (7.26%), Vitamin K: 6.6µg (6.29%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.55mg (5.51%), Vitamin A: 240.45IU (4.81%), Selenium: 1.98µg (2.83%), Vitamin E: 0.16mg (1.06%)