



Corn and Black Bean Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 chipotle in adobo sauce chopped ()
- ☐ 1 cup black beans
- ☐ 0.3 cup cilantro leaves chopped ()
- ☐ 1 teaspoon cumin
- ☐ 1 ear corn (grilled and kernels cut from cob)
- ☐ 1 green onion sliced ()
- ☐ 1 jalapeno sliced ()
- ☐ 1 juice of lime (juice)

- ☐ 1 tablespoon oil
- ☐ 1 cup quinoa red
- ☐ 0.5 bell pepper red sliced ()
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups water

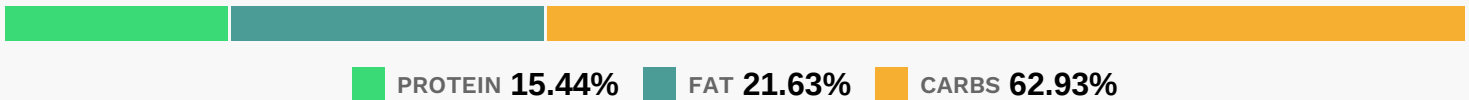
Equipment

- ☐ bowl

Directions

- ☐ Simmer the quinoa in the water until the water is absorbed, about 20 minutes.
- ☐ Mix the quinoa, black beans, corn, red pepper, jalapeno, green onion, and cilantro in a large bowl.
- ☐ Mix the oil, lime juice, chipotle in adobo sauce, cumin, salt and pepper in a small bowl.
- ☐ Toss the salad in the dressing.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:17.616521710935%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 275.77kcal (13.79%), Fat: 6.8g (10.46%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 36.39g (13.23%), Sugar: 2.64g (2.94%), Cholesterol: 0mg (0%), Sodium: 208.3mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Manganese: 1.14mg (56.96%), Folate: 162.85µg (40.71%), Vitamin C: 27.84mg (33.75%), Fiber: 8.14g (32.56%), Magnesium: 128.94mg (32.23%), Phosphorus: 284.36mg

(28.44%), Vitamin B1: 0.31mg (20.64%), Iron: 3.53mg (19.6%), Copper: 0.39mg (19.35%), Vitamin B6: 0.32mg (16.19%), Potassium: 523.99mg (14.97%), Vitamin E: 2.1mg (14%), Zinc: 2mg (13.36%), Vitamin A: 661.75IU (13.23%), Vitamin K: 13.32µg (12.69%), Vitamin B2: 0.19mg (11.46%), Vitamin B3: 1.51mg (7.56%), Vitamin B5: 0.67mg (6.69%), Selenium: 4.35µg (6.22%), Calcium: 45.7mg (4.57%)