



## Corn and Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 15.5 oz black beans drained and rinsed canned
- 0.5 teaspoon chili powder
- 2 tablespoons cider vinegar
- 2.5 cups regular corn yellow (from 3 medium ears)
- 0.3 cup cilantro leaves fresh finely chopped
- 1 Tbsp jalapeño finely minced
- 3 tablespoons juice of lime fresh (from 1 to 2 limes)

- 5 tablespoons olive oil
- 6 oz roasted peppers diced red drained finely
- 0.5 teaspoon salt

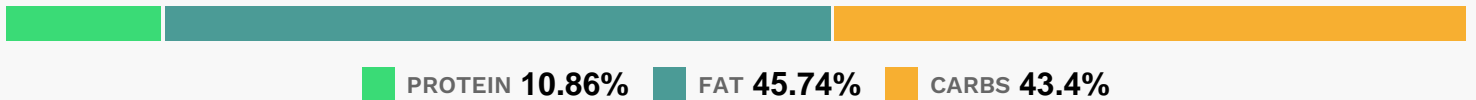
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat 2 Tbsp. olive oil in a medium skillet over medium-high heat.
- Add corn and cook, stirring occasionally, until crisp-tender and bright yellow, about 4 minutes.
- Remove from heat and let cool.
- Mix together corn, beans, roasted red peppers, jalapeo and cilantro. In a small bowl, whisk together lime juice, vinegar, salt, chili powder and pepper.
- Drizzle over vegetables and toss.

## Nutrition Facts



## Properties

Glycemic Index:31.92, Glycemic Load:6.68, Inflammation Score:-6, Nutrition Score:10.4560869984%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 240.96kcal (12.05%), Fat: 12.97g (19.96%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 20.57g (7.48%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 867.53mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin C: 24.09mg (29.19%), Fiber: 7.13g (28.52%), Manganese: 0.36mg (17.81%), Folate: 65.87µg (16.47%), Phosphorus: 137.23mg (13.72%), Vitamin E: 1.92mg (12.83%), Potassium: 433.45mg (12.38%), Magnesium: 47.23mg (11.81%), Vitamin B1: 0.17mg (11.54%), Iron: 2.05mg (11.37%), Copper: 0.22mg (10.85%), Vitamin B6: 0.2mg (9.9%), Vitamin K: 10.17µg (9.68%), Vitamin A: 444.66IU (8.89%), Vitamin B3: 1.76mg (8.8%), Vitamin B2: 0.14mg (8.16%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.87mg (5.79%), Calcium: 42.48mg (4.25%), Selenium: 1.23µg (1.76%)