



Corn and Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 avocado pitted peeled chopped
- 0.5 cup black beans rinsed drained (from 15-oz can)
- 0.5 teaspoon coarse salt (kosher or sea salt)
- 3 tablespoons cilantro leaves fresh chopped
- 1.8 cups corn sweet frozen organic cascadian farm® (16-oz size)
- 1 clove garlic finely chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime fresh

- 0.3 teaspoon pepper
- 0.3 cup onion red chopped
- 1 tablespoon vegetable oil
- 29 oz canned tomatoes plain diced fire roasted organic drained canned

Equipment

- bowl

Directions

- Cook corn as directed on bag. Rinse with cold water; drain.
- In large bowl, stir together corn and remaining ingredients except avocado. Refrigerate until ready to serve, at least 1 hour. Stir in avocado just before serving.

Nutrition Facts



PROTEIN 10.2% **FAT 39.09%** **CARBS 50.71%**

Properties

Glycemic Index:31.44, Glycemic Load:4.29, Inflammation Score:-5, Nutrition Score:5.9643479041431%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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 Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 129.55kcal (6.48%), Fat: 6g (9.23%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 13.15g (4.78%), Sugar: 4.35g (4.84%), Cholesterol: 0mg (0%), Sodium: 306.44mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Fiber: 4.36g (17.44%), Folate: 45.57µg (11.39%), Vitamin A: 551.05IU (11.02%), Vitamin C: 7.88mg (9.55%), Vitamin K: 9.16µg (8.72%), Manganese: 0.17mg (8.31%), Potassium: 250.53mg (7.16%), Vitamin B6: 0.13mg (6.59%), Iron: 1.18mg (6.58%), Vitamin B5: 0.66mg (6.57%), Magnesium:

25.07mg (6.27%), Phosphorus: 57.4mg (5.74%), Vitamin B3: 1.08mg (5.4%), Vitamin B1: 0.08mg (5.29%), Vitamin E: 0.71mg (4.72%), Copper: 0.09mg (4.66%), Calcium: 41.74mg (4.17%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.51mg (3.43%)