



Corn and Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 avocado pitted peeled chopped
- 0.5 cup black beans rinsed drained progresso® (from 15-oz can)
- 0.5 teaspoon coarse salt (kosher or sea salt)
- 29 oz canned tomatoes plain diced fire roasted organic drained muir glen® canned
- 3 tablespoons cilantro leaves fresh chopped
- 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

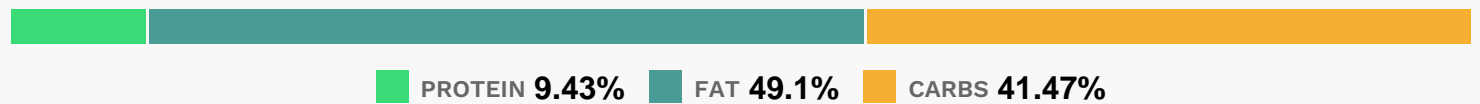
Equipment

- 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



Properties

Glycemic Index:24.5, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:4.5065217523471%

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: 97.21kcal (4.86%), Fat: 5.49g (8.45%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 6.89g (2.5%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 306.1mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Fiber: 3.55g (14.2%), Folate: 37.82µg (9.46%), Vitamin A: 462.46IU (9.25%), Vitamin K: 9.03µg (8.6%), Vitamin C: 6.02mg (7.3%), Iron: 1.03mg (5.74%), Manganese: 0.11mg (5.5%), Potassium: 177.09mg (5.06%), Vitamin E: 0.68mg (4.52%), Vitamin B6: 0.09mg (4.25%), Magnesium: 16.31mg (4.08%), Calcium: 40.73mg (4.07%), Vitamin B5: 0.39mg (3.9%), Copper: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.2%), Phosphorus: 31.46mg (3.15%), Vitamin B3: 0.51mg (2.57%), Vitamin B2: 0.04mg (2.48%), Zinc:

0.3mg (2.03%)