



Corn and Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinaigrette
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.3 teaspoon ground cumin
- ☐ 30 oz black beans rinsed drained canned
- ☐ 11 oz corn sweet whole canned
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup spring onion chopped
- ☐ 0.5 cup bell pepper red chopped

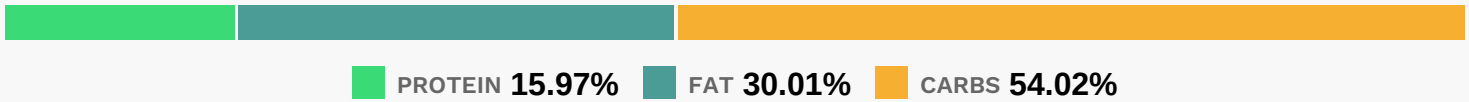
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, stir together dressing, pepper, cilantro, red pepper, and cumin. Set aside.
- ☐ In large bowl, mix remaining ingredients. Toss with dressing to coat. Cover; refrigerate for at least 1 hour or overnight to blend flavors. Just before serving, stir mixture to coat beans and corn with dressing.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:7.6034783384074%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 150.88kcal (7.54%), Fat: 5.08g (7.81%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 14.25g (5.18%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 485.16mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Fiber: 6.32g (25.27%), Folate: 69.13µg (17.28%), Vitamin C: 13.93mg (16.88%), Manganese: 0.25mg (12.55%), Phosphorus: 111.17mg (11.12%), Vitamin K: 10.98µg (10.45%), Iron: 1.85mg (10.27%), Potassium: 341.59mg (9.76%), Copper: 0.18mg (9.14%), Magnesium: 36.21mg (9.05%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.12mg (7.05%), Vitamin A: 300.68IU (6.01%), Vitamin B3: 0.88mg (4.42%), Vitamin B6: 0.08mg (4.11%), Zinc: 0.6mg (4.01%), Calcium: 38.28mg (3.83%), Vitamin B5: 0.19mg (1.95%), Selenium: 1.19µg (1.7%), Vitamin E: 0.16mg (1.05%)