



Corn and Black Bean Salad with Tortilla Wedges

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

Ingredients

- ☐ 4 10-inch flour tortilla fat-free (8 to 10 inches in diameter)
- ☐ 2 teaspoons butter softened
- ☐ 15 ounces corn whole drained canned
- ☐ 15 ounces black beans rinsed drained canned
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups jicama diced peeled
- ☐ 0.5 cup salad dressing fat-free italian

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 leaf lettuce red
- ☐ 0.3 cup pinenuts toasted

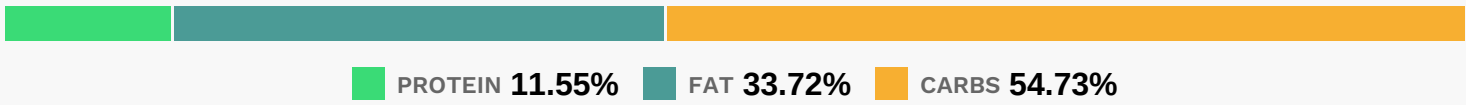
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°.
- ☐ Spread tortillas with margarine; cut into fourths.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 4 to 5 minutes or until golden brown.
- ☐ Toss remaining ingredients except lettuce and nuts until mixture is coated with dressing.
- ☐ Serve salad on leaf lettuce; sprinkle with nuts.
- ☐ Serve with tortilla wedges.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:11.8, Inflammation Score:-9, Nutrition Score:27.592173764563%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 569.85kcal (28.49%), Fat: 21.58g (33.2%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 78.83g (26.28%), Net Carbohydrates: 64.71g (23.53%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 1707.16mg

(74.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Vitamin C: 65.73mg (79.68%), Manganese: 1.5mg (75.24%), Fiber: 14.12g (56.48%), Folate: 189.91µg (47.48%), Vitamin B1: 0.59mg (39.19%), Phosphorus: 378.08mg (37.81%), Iron: 5.91mg (32.84%), Vitamin B3: 5.49mg (27.45%), Vitamin K: 28.74µg (27.38%), Vitamin A: 1297.37IU (25.95%), Selenium: 18.14µg (25.91%), Magnesium: 99.66mg (24.91%), Vitamin B2: 0.41mg (24.25%), Copper: 0.47mg (23.34%), Potassium: 794.99mg (22.71%), Vitamin E: 2.4mg (16%), Calcium: 158.96mg (15.9%), Zinc: 2.01mg (13.4%), Vitamin B6: 0.26mg (13.18%), Vitamin B5: 0.55mg (5.48%)