



Creamy Pico de Gallo Bean Salad

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

Ingredients

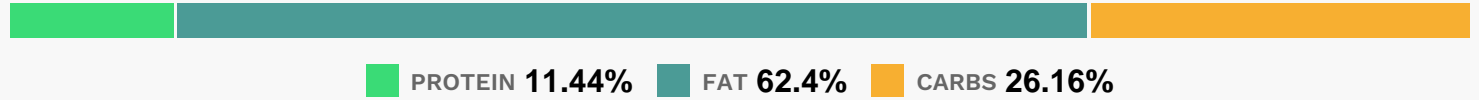
- 8 slices oscar mayer bacon crumbled cooked
- 30 oz pinto beans rinsed canned
- 1 cup cilantro leaves chopped
- 0.5 cup real mayo mayonnaise kraft
- 1 onion chopped
- 1 large tomatoes chopped

Equipment

Directions

- Combine ingredients.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.62, Inflammation Score:-5, Nutrition Score:9.2939130119655%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 284.17kcal (14.21%), Fat: 19.87g (30.57%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 13.29g (4.83%), Sugar: 2.36g (2.63%), Cholesterol: 20.4mg (6.8%), Sodium: 522.06mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Vitamin K: 33.1µg (31.53%), Fiber: 5.45g (21.81%), Manganese: 0.39mg (19.68%), Phosphorus: 142.83mg (14.28%), Potassium: 424.19mg (12.12%), Magnesium: 42.26mg (10.57%), Copper: 0.21mg (10.37%), Iron: 1.81mg (10.04%), Vitamin B1: 0.13mg (8.9%), Vitamin E: 1.34mg (8.9%), Vitamin B6: 0.18mg (8.8%), Folate: 33.48µg (8.37%), Selenium: 4.83µg (6.9%), Vitamin A: 341.98IU (6.84%), Vitamin B3: 1.34mg (6.72%), Vitamin C: 5.42mg (6.57%), Zinc: 0.95mg (6.32%), Calcium: 58.96mg (5.9%), Vitamin B5: 0.34mg (3.39%), Vitamin B2: 0.05mg (2.87%), Vitamin B12: 0.13µg (2.11%)