



WHATSheATE



HEALTH SCORE

61%

Fiesta Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 avocado



30 oz black beans drained and rinsed canned



1 cup cherry tomatoes halved



2 cups brown rice cold cooked



1 tablespoon cilantro leaves fresh chopped



1 cup corn kernels fresh frozen thawed cooked



1 teaspoon ground cumin



0.3 cup juice of lime fresh (4 limes)

- ☐ 3 tablespoons olive oil
- ☐ 1 bell pepper diced red seeded
- ☐ 3 tablespoons roasted tomato salsa
- ☐ 0.5 teaspoon salt
- ☐ 3 scallions thinly sliced

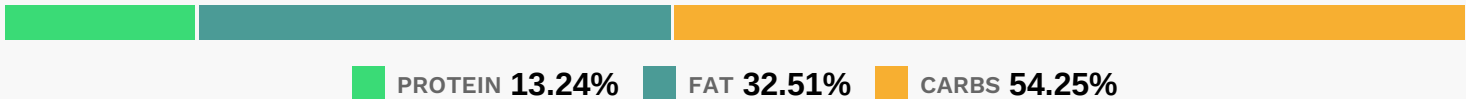
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, stir together lime juice, oil, salsa, cumin and salt. In a large bowl, stir together rice and corn, breaking up any rice clumps.
- ☐ Pour lime–juice mixture over rice mixture and stir well to coat.
- ☐ Add beans, bell pepper, tomatoes and scallions, and toss gently to combine.
- ☐ Just before serving, pit, peel and dice avocado, and stir gently into salad.
- ☐ Sprinkle with cilantro, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:11.94, Inflammation Score:-9, Nutrition Score:32.56782600154%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 533.56kcal (26.68%), Fat: 20.09g (30.91%), Saturated Fat: 2.99g (18.72%), Carbohydrates: 75.45g (25.15%), Net Carbohydrates: 53.48g (19.45%), Sugar: 5.71g (6.35%), Cholesterol: 0mg (0%), Sodium: 1203.93mg (52.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.83%), Manganese: 1.82mg (90.82%), Fiber: 21.97g (87.88%), Vitamin C: 66.33mg (80.4%), Folate: 215.92µg (53.98%), Magnesium: 158.9mg (39.72%), Phosphorus: 393.09mg (39.31%), Vitamin K: 39.04µg (37.19%), Potassium: 1300.59mg (37.16%), Vitamin B1: 0.53mg (35.51%), Iron: 5.99mg (33.3%), Copper: 0.66mg (32.97%), Vitamin B6: 0.58mg (28.79%), Vitamin A: 1431.27IU (28.63%), Vitamin B3: 4.85mg (24.24%), Vitamin B2: 0.4mg (23.57%), Vitamin E: 3.5mg (23.36%), Vitamin B5: 1.92mg (19.24%), Zinc: 2.46mg (16.43%), Calcium: 114.07mg (11.41%), Selenium: 3.6µg (5.15%)