



## Grilled Corn and Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 15 ounce black beans rinsed drained canned
- 0.5 cup canola oil divided
- 1 tablespoon chili powder divided
- 6 ears corn
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 2 teaspoons ground cumin
- 1 juice of lime juiced

- 1 medium onion diced red
- 6 servings salt and freshly cracked pepper black
- 1 bell pepper diced yellow cored

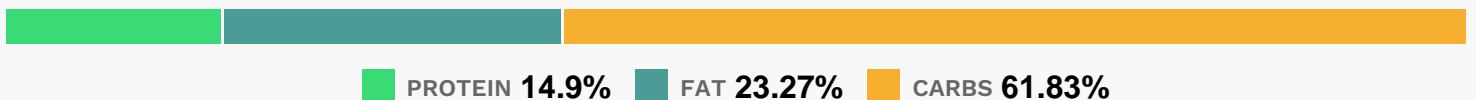
## Equipment

- bowl
- whisk
- grill
- grill pan

## Directions

- Watch how to make this recipe.
- Preheat a grill or a grill pan over medium heat.
- In a small bowl, add 1/4 cup of the canola oil, the cumin, 2 teaspoons chili powder, and season with salt and black pepper, to taste. Stir to combine.
- Brush each ear of corn liberally with the seasoned oil.
- Arrange the corn on the hot grill and cook for about 12 minutes, giving each ear a quarter turn every 3 minutes.
- Remove from grill and let cool for 5 minutes. When cool enough to handle cut kernels from corn.
- In a medium serving bowl, whisk together the remaining 1/4 cup of canola oil, 1 teaspoon chili powder, the lime juice, garlic, bell pepper, onions, beans, and cilantro. Adjust the seasonings with salt and black pepper, to taste.
- Add the corn kernels and stir to combine.
- Mix the ingredients well and serve with tacos, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:13.570869549461%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

## Nutrients (% of daily need)

Calories: 196.74kcal (9.84%), Fat: 5.56g (8.56%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 25.49g (9.27%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 504.14mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.03%), Vitamin C: 47.84mg (57.98%), Fiber: 7.77g (31.1%), Folate: 91.06µg (22.76%), Manganese: 0.42mg (21.23%), Phosphorus: 176.6mg (17.66%), Vitamin B1: 0.26mg (17.6%), Magnesium: 67.57mg (16.89%), Potassium: 581.4mg (16.61%), Iron: 2.65mg (14.74%), Vitamin A: 662.54IU (13.25%), Vitamin B3: 2.44mg (12.18%), Copper: 0.24mg (11.91%), Vitamin B6: 0.22mg (11.21%), Vitamin B2: 0.16mg (9.54%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 1.28mg (8.53%), Zinc: 0.97mg (6.47%), Vitamin K: 6.56µg (6.25%), Calcium: 46.69mg (4.67%), Selenium: 2.07µg (2.96%)