



WHATSheATE



Grilled Corn, Poblano, and Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients



1 avocado pitted peeled halved



15 ounce black beans rinsed drained canned



0.3 teaspoon pepper black freshly ground



2 ears corn



0.5 cup cilantro leaves fresh chopped



4 spring onion



1 teaspoon ground cumin



3 tablespoons juice of lime fresh

- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 large poblano pepper
- ☐ 1 large bell pepper red
- ☐ 0.3 teaspoon salt

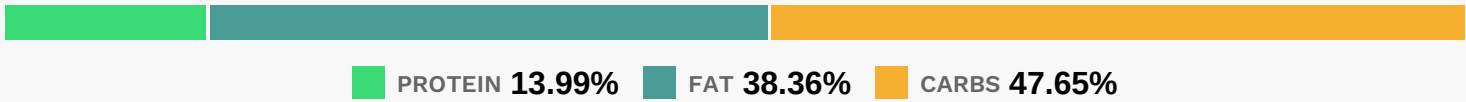
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Brush corn with 2 teaspoons oil.
- ☐ Place green onions, avocado, bell pepper, poblano, and corn on a grill rack coated with cooking spray. Grill onions 2 minutes on each side or until lightly browned. Grill avocado 2 minutes on each side or until well marked. Grill bell pepper 6 minutes on each side or until blackened; peel. Grill poblano 9 minutes on each side or until blackened; peel. Grill corn 12 minutes or until beginning to brown on all sides, turning occasionally.
- ☐ Cut kernels from ears of corn; place in a large bowl. Chop onion, bell pepper, and poblano; add to bowl.
- ☐ Add remaining 4 teaspoons oil, cilantro, juice, cumin, salt, black pepper, and beans to bowl; toss well.
- ☐ Cut avocado into thin slices; place on top of salad.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:18.244347774464%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 232.98kcal (11.65%), Fat: 10.61g (16.33%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 19.28g (7.01%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 109.08mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Vitamin C: 66.49mg (80.6%), Folate: 167.39µg (41.85%), Fiber: 10.38g (41.52%), Vitamin K: 34.19µg (32.56%), Manganese: 0.52mg (25.85%), Vitamin A: 1244.37IU (24.89%), Magnesium: 80.35mg (20.09%), Vitamin B1: 0.28mg (18.77%), Potassium: 645.52mg (18.44%), Phosphorus: 162.36mg (16.24%), Vitamin B6: 0.32mg (15.75%), Iron: 2.44mg (13.58%), Vitamin E: 2.03mg (13.5%), Copper: 0.27mg (13.32%), Vitamin B5: 0.99mg (9.9%), Vitamin B3: 1.95mg (9.77%), Zinc: 1.31mg (8.74%), Vitamin B2: 0.14mg (8.45%), Calcium: 39.69mg (3.97%), Selenium: 1.28µg (1.83%)