



Healthified Mexican Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 30 oz black beans rinsed drained progresso® canned
- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon chili powder
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 11 oz corn kernels sweet whole green drained giant® steamcrisp® niblets® canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups grape tomatoes cut in half
- ☐ 1 cup bell pepper green chopped (1 medium)

- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper red chopped (1 medium)
- ☐ 15 oz kidney beans dark red rinsed drained progresso® canned
- ☐ 0.5 teaspoon salt

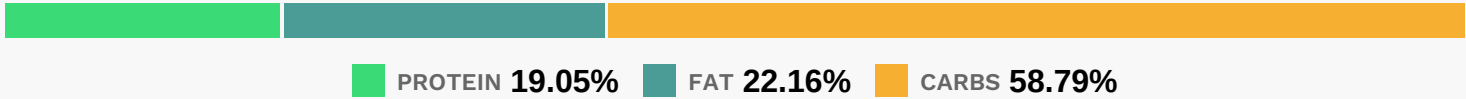
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, mix salad ingredients. In small bowl, mix dressing ingredients with wire whisk until blended.
- ☐ Pour dressing over salad; toss to mix. Cover and refrigerate at least 4 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:19.278261018836%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 256.53kcal (12.83%), Fat: 6.6g (10.16%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 25.77g (9.37%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 655.34mg (28.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.54%), Vitamin C: 48.12mg (58.33%), Fiber: 13.63g (54.53%), Folate: 167.6µg (41.9%), Manganese: 0.66mg (33.06%), Vitamin K: 28.35µg (27%), Vitamin A: 1299.47IU (25.99%), Iron: 4.21mg (23.41%), Phosphorus: 229.6mg (22.96%), Potassium: 773.62mg (22.1%), Copper: 0.4mg (19.77%), Magnesium: 76.57mg (19.14%), Vitamin B1: 0.29mg (19.04%), Vitamin B6: 0.28mg (14.03%), Vitamin B2:

0.23mg (13.81%), Vitamin E: 1.91mg (12.75%), Vitamin B3: 1.95mg (9.74%), Zinc: 1.46mg (9.72%), Calcium: 68.06mg (6.81%), Vitamin B5: 0.57mg (5.71%), Selenium: 2.52µg (3.6%)