



WHATSheATE



HEALTH SCORE

86%

Healthy Black Bean Salad with Creamy Avocado Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado ripe
- ☐ 30 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cup corn kernels fresh frozen thawed
- ☐ 1 cup grape tomatoes halved
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup pumpkin seeds toasted

- ☐ 1 small bell pepper red chopped
- ☐ 4 cups romaine lettuce shredded
- ☐ 4 servings salt and pepper to taste

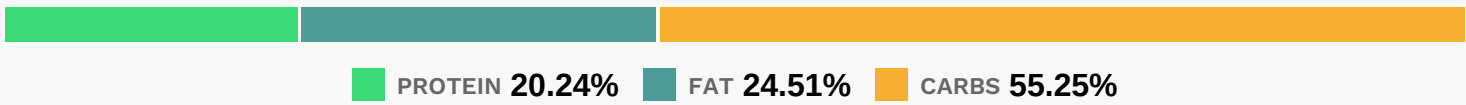
Equipment

- ☐ bowl
- ☐ immersion blender

Directions

- ☐ Puree the avocado and lime juice until smooth (can also be mashed with a fork or hand blender).
- ☐ Place the beans, lettuce, tomatoes, corn, pepper, pumpkin seeds, and cilantro in a large bowl, top with the avocado mixture, and toss everything together until evenly coated.Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:10.6, Inflammation Score:-10, Nutrition Score:38.356087249258%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 458.57kcal (22.93%), Fat: 13.23g (20.35%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 42.16g (15.33%), Sugar: 5.16g (5.74%), Cholesterol: 0mg (0%), Sodium: 212.4mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Folate: 456.76µg (114.19%), Vitamin A:

5209.65IU (104.19%), Fiber: 24.95g (99.8%), Manganese: 1.58mg (79%), Vitamin K: 66.41µg (63.25%), Magnesium: 237.94mg (59.49%), Vitamin C: 40.83mg (49.49%), Phosphorus: 484.08mg (48.41%), Vitamin B1: 0.69mg (46.04%), Potassium: 1418.55mg (40.53%), Copper: 0.72mg (35.95%), Iron: 6.3mg (34.99%), Zinc: 3.72mg (24.82%), Vitamin B6: 0.44mg (22.19%), Vitamin B3: 3.56mg (17.8%), Vitamin B5: 1.71mg (17.06%), Vitamin B2: 0.28mg (16.47%), Vitamin E: 1.84mg (12.24%), Calcium: 90.21mg (9.02%), Selenium: 3.95µg (5.64%)