



Heart Healthy Cookbook Corn and Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- 15 ounces black beans rinsed drained canned
- 7 ounces corn whole drained canned
- 4 oz chilis green drained chopped canned
- 0.5 cup salsa
- 0.3 cup onion chopped
- 2 tablespoons cilantro leaves fresh chopped

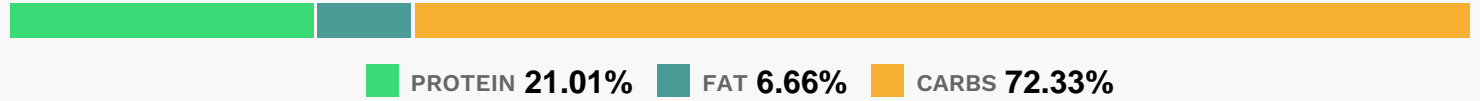
Equipment

bowl

Directions

Mix all ingredients in medium bowl. Cover and refrigerate until chilled, at least 2 hours but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:6.5326086956522%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 101.92kcal (5.1%), Fat: 0.78g (1.2%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 13.28g (4.83%), Sugar: 1.1g (1.23%), Cholesterol: 0mg (0%), Sodium: 543.56mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Fiber: 5.72g (22.87%), Folate: 65.25µg (16.31%), Vitamin C: 9.88mg (11.98%), Manganese: 0.22mg (10.87%), Phosphorus: 101.11mg (10.11%), Iron: 1.78mg (9.88%), Potassium: 344.34mg (9.84%), Magnesium: 33.15mg (8.29%), Copper: 0.16mg (8.17%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.1mg (6.15%), Vitamin B6: 0.11mg (5.4%), Vitamin B3: 1.07mg (5.34%), Calcium: 39.96mg (4%), Zinc: 0.55mg (3.65%), Vitamin A: 139.78IU (2.8%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.27mg (1.79%), Selenium: 1.21µg (1.73%), Vitamin K: 1.35µg (1.29%)