



Kelly's Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 46.5 ounce black beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.8 cup canola oil
- ☐ 4 teaspoons chili powder
- ☐ 10 ounce regular corn frozen thawed
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 10 servings ground pepper black to taste

- ☐ 1 teaspoon oregano
- ☐ 0.3 cup red wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 cups water
- ☐ 1 cup rice white

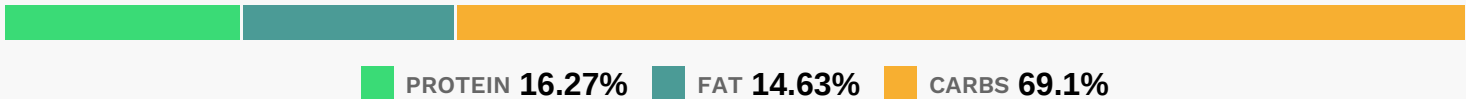
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Mix tomatoes, vinegar, garlic, cumin, chili powder, salt, oregano, and black pepper together in a bowl.
- ☐ Whisk oil into tomato mixture to make a dressing.
- ☐ Stir rice, black beans, and corn together in a bowl; toss with dressing until well-coated.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:14.243478256723%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 266.27kcal (13.31%), Fat: 4.46g (6.87%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 36.08g (13.12%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 928.99mg (40.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Fiber: 11.38g (45.53%), Manganese: 0.7mg (35.22%),

Folate: 99.38µg (24.84%), Iron: 4.05mg (22.52%), Phosphorus: 209.33mg (20.93%), Copper: 0.41mg (20.53%), Potassium: 668.05mg (19.09%), Magnesium: 73.18mg (18.3%), Vitamin B1: 0.27mg (17.7%), Vitamin B2: 0.23mg (13.25%), Vitamin B6: 0.25mg (12.41%), Vitamin C: 9.76mg (11.83%), Vitamin B3: 2.23mg (11.15%), Vitamin E: 1.49mg (9.9%), Zinc: 1.31mg (8.74%), Calcium: 82.03mg (8.2%), Selenium: 5.32µg (7.6%), Vitamin A: 343.64IU (6.87%), Vitamin K: 6.89µg (6.56%), Vitamin B5: 0.64mg (6.43%)