



Mandarin-Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 1 cup black beans canned rinsed drained
- ☐ 2 tablespoons jalapeño minced seeded
- ☐ 0.8 cup jicama diced
- ☐ 2 cups mandarin orange segents drained well
- ☐ 2 tablespoons mint leaves fresh shredded
- ☐ 2 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt

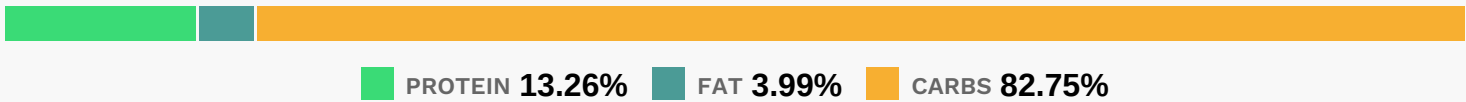
Equipment

bowl

Directions

- Stir together all ingredients in a large bowl.
- Let stand until ready to serve, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:3.5273913378301%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 42.4kcal (2.12%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.86g (2.5%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 125.83mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin C: 16.87mg (20.45%), Fiber: 2.56g (10.26%), Vitamin A: 343.19IU (6.86%), Folate: 20.23µg (5.06%), Potassium: 148.4mg (4.24%), Manganese: 0.08mg (3.93%), Vitamin B1: 0.05mg (3.44%), Magnesium: 13.32mg (3.33%), Phosphorus: 30.22mg (3.02%), Vitamin B6: 0.06mg (3.01%), Copper: 0.06mg (2.98%), Iron: 0.51mg (2.82%), Vitamin B2: 0.04mg (2.52%), Calcium: 24.91mg (2.49%), Vitamin B3: 0.33mg (1.65%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.15mg (1.03%)