



Marinated Vegetable Salad with Queso Fresco



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 1.5 tablespoons canola oil
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 cup jicama diced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons jalapeño peppers chopped

- ☐ 1 ounce queso fresco shredded
- ☐ 2 cups torn romaine lettuce
- ☐ 0.5 cup bottled salsa
- ☐ 1 cup tomatoes diced
- ☐ 1 cup zucchini diced

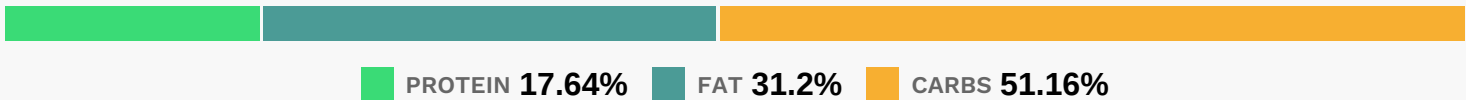
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine salsa, juice, and oil, stirring with a whisk.
- ☐ Pour dressing over tomato mixture. Cover and chill 1 hour.
- ☐ Add cilantro and pepper to bowl; toss gently.
- ☐ Serve over lettuce.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:19.416956476543%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 211.03kcal (10.55%), Fat: 7.67g (11.81%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 16.96g (6.17%), Sugar: 4.63g (5.14%), Cholesterol: 4.89mg (1.63%), Sodium: 768.9mg (33.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.53%), Vitamin K: 66.63µg (63.46%), Vitamin A: 2994.24IU (59.88%), Fiber: 11.35g (45.4%), Vitamin C: 28.41mg (34.44%), Folate: 126.62µg (31.65%), Manganese: 0.49mg (24.54%), Potassium: 765.81mg (21.88%), Phosphorus: 194.38mg (19.44%), Iron: 3.15mg (17.47%), Magnesium: 65.54mg (16.38%), Copper: 0.32mg (15.99%), Vitamin B1: 0.23mg (15.18%), Vitamin B2: 0.23mg (13.45%), Vitamin E: 1.94mg (12.93%), Vitamin B6: 0.26mg (12.86%), Calcium: 120.38mg (12.04%), Vitamin B3: 1.65mg (8.25%), Zinc: 1.18mg (7.84%), Vitamin B5: 0.52mg (5.17%), Selenium: 3.56µg (5.08%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.19µg (1.28%)