



## Mexicali Cheddar Bean Salad

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



141 kcal

SIDE DISH

### Ingredients

- 16 oz black beans rinsed drained canned
- 16 oz cannellini beans rinsed drained canned
- 16 oz kidney beans rinsed drained canned
- 6 oz milk cheddar cheese 2% cubed kraft
- 0.3 cup cilantro leaves chopped
- 0.5 cup green onions sliced
- 12 lettuce leaves
- 1 Tbsp juice of lime

- 1 small bell pepper red chopped
- 0.5 cup taco bellâ® & chunky salsa thick

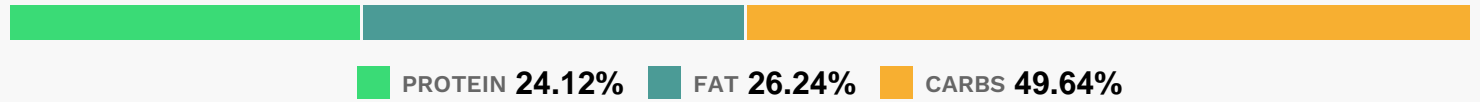
## Equipment

- bowl

## Directions

- Toss all ingredients except lettuce in large bowl. Refrigerate several hours or until chilled.
- Serve on lettuce-lined plates.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:10.336521685123%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 140.81kcal (7.04%), Fat: 4.21g (6.48%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 12.2g (4.44%), Sugar: 1.42g (1.58%), Cholesterol: 11.34mg (3.78%), Sodium: 332.01mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Vitamin A: 1784.19IU (35.68%), Fiber: 5.72g (22.88%), Manganese: 0.36mg (18.13%), Phosphorus: 168.9mg (16.89%), Folate: 65.49µg (16.37%), Vitamin C: 12.39mg (15.01%), Calcium: 127.96mg (12.8%), Magnesium: 43.34mg (10.84%), Potassium: 368.41mg (10.53%), Vitamin B1: 0.15mg (9.87%), Iron: 1.73mg (9.62%), Vitamin K: 9.85µg (9.38%), Vitamin B2: 0.15mg (9.07%), Copper: 0.16mg (8.24%), Selenium: 5.4µg (7.71%), Zinc: 1.05mg (6.98%), Vitamin B6: 0.13mg (6.62%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.36mg (2.4%), Vitamin B12: 0.12µg (2%)