



Mexican Barley Salad With Black Beans And Corn

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup black beans canned rinsed drained
- 1 cup whole-kernel corn frozen thawed
- 0.5 cup cilantro leaves fresh finely chopped
- 0.3 teaspoon ground cumin
- 5 lettuce leaves
- 2 tablespoons juice of lime fresh
- 2.5 ounces monterrey jack cheese shredded with jalapeño peppers

- 1 tablespoon olive oil extra-virgin
- 1 poblano pepper seeded chopped
- 1 cup quick-cooking barley uncooked
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 cups water

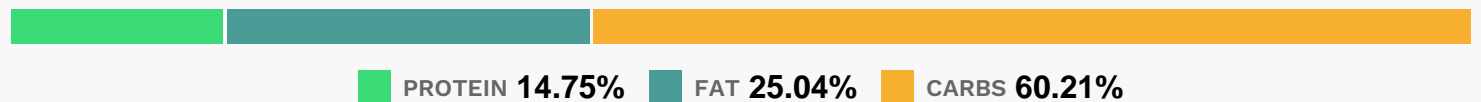
Equipment

- bowl
- sauce pan

Directions

- Bring water and salt to a boil in a medium saucepan.
- Add barley; cover, reduce heat, and simmer 10 minutes.
- Add corn (do not stir), cover, and cook 5 minutes or until barley is tender.
- Remove from heat, and let stand, covered, 5 minutes.
- Transfer barley mixture to a large bowl.
- Add beans and next 6 ingredients; stir gently.
- Place lettuce leaves on 5 salad plates; spoon warm mixture onto lettuce leaves.
- Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:15.746521755405%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 8.13g (12.51%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 34.01g (12.37%), Sugar: 2.78g (3.08%), Cholesterol: 12.62mg (4.21%), Sodium: 650.05mg (28.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.57%), Vitamin A: 2111.2IU (42.22%), Fiber: 9.99g (39.97%), Manganese: 0.76mg (38.05%), Vitamin C: 27.15mg (32.91%), Selenium: 17.95µg (25.64%), Phosphorus: 217.4mg (21.74%), Magnesium: 59.45mg (14.86%), Calcium: 147.31mg (14.73%), Folate: 57.97µg (14.49%), Copper: 0.29mg (14.33%), Vitamin B3: 2.64mg (13.19%), Iron: 2.26mg (12.55%), Vitamin B2: 0.21mg (12.11%), Vitamin B1: 0.18mg (11.97%), Vitamin B6: 0.23mg (11.43%), Zinc: 1.67mg (11.17%), Potassium: 378.18mg (10.81%), Vitamin K: 9.68µg (9.22%), Vitamin E: 0.69mg (4.63%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.12µg (1.96%)