



Mexican Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 15 ounce kidney beans drained canned
- 0.5 teaspoon chili powder
- 10 ounce corn kernels frozen
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic crushed
- 1 bell pepper green chopped

- 0.5 tablespoon ground cumin
- 0.5 tablespoon ground pepper black
- 1 tablespoon juice of lemon
- 2 tablespoons juice of lime fresh
- 0.5 cup olive oil
- 1 dash pepper sauce hot
- 1 bell pepper red chopped
- 1 onion red chopped
- 0.5 cup red wine vinegar
- 1 tablespoon salt
- 2 tablespoons sugar white

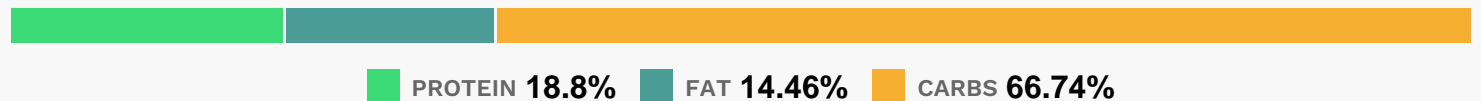
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
- In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
- Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:8.03, Inflammation Score:-7, Nutrition Score:15.112174034119%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 231.09kcal (11.55%), Fat: 3.85g (5.92%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 29.21g (10.62%), Sugar: 7.41g (8.23%), Cholesterol: 0mg (0%), Sodium: 1293.9mg (56.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Vitamin C: 36.66mg (44.44%), Fiber: 10.76g (43.06%), Manganese: 0.73mg (36.31%), Folate: 106.06µg (26.51%), Iron: 3.92mg (21.78%), Potassium: 698.18mg (19.95%), Phosphorus: 194.78mg (19.48%), Magnesium: 74.37mg (18.59%), Copper: 0.35mg (17.42%), Vitamin B1: 0.22mg (14.89%), Vitamin A: 618.78IU (12.38%), Vitamin B6: 0.23mg (11.54%), Vitamin B2: 0.18mg (10.4%), Zinc: 1.45mg (9.67%), Vitamin K: 9.58µg (9.12%), Calcium: 88.29mg (8.83%), Vitamin E: 1.23mg (8.21%), Vitamin B3: 1.29mg (6.45%), Vitamin B5: 0.49mg (4.88%), Selenium: 2.57µg (3.67%)