



Mexican Quinoa and Beans with Pico de Gallo



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce black beans drained and rinsed canned
- ☐ 1 batch pico de gallo
- ☐ 1 handful queso fresco crumbled
- ☐ 1 batch mexican quinoa

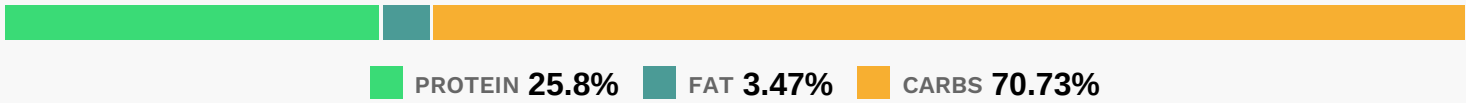
Equipment

Directions

☐

Mix the Mexican quinoa into the beans and serve topped with pico de gallo topped with crumbled queso fresco.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.0943477749825%

Nutrients (% of daily need)

Calories: 92.04kcal (4.6%), Fat: 0.36g (0.56%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.02g (0.02%), Cholesterol: 0.17mg (0.06%), Sodium: 384.08mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Fiber: 6.86g (27.46%), Folate: 61µg (15.25%), Manganese: 0.24mg (11.82%), Phosphorus: 109.27mg (10.93%), Iron: 1.9mg (10.54%), Copper: 0.19mg (9.6%), Vitamin B1: 0.14mg (9.33%), Magnesium: 35.28mg (8.82%), Potassium: 307.34mg (8.78%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.55mg (3.67%), Calcium: 36.26mg (3.63%), Vitamin C: 2.69mg (3.26%), Vitamin B3: 0.62mg (3.1%), Vitamin B6: 0.06mg (2.8%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.19mg (1.85%)