

Mexican Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 2 cups corn kernels frozen
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 teaspoon honey
- ☐ 2 jalapeño peppers minced seeded
- ☐ 3 tablespoons juice of lime fresh

- ☐ 0.3 cup olive oil
- ☐ 0.5 onion diced finely
- ☐ 1 bell pepper diced red
- ☐ 6 servings salt to taste

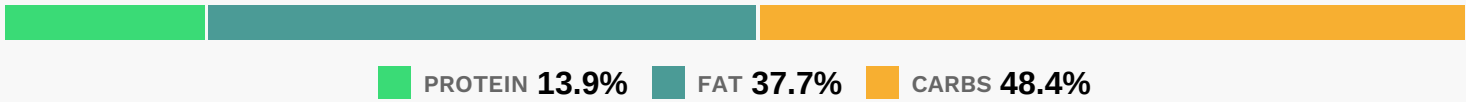
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine the black beans, garbanzo beans, corn, onion, cilantro, jalapenos, bell pepper, olive oil, lime juice, pepper, salt and honey.
- ☐ Mix well; refrigerate and allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:14.564347878746%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 257.73kcal (12.89%), Fat: 11.36g (17.47%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 22.88g (8.32%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 776.79mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Manganese: 0.89mg (44.54%), Vitamin C: 36.73mg (44.52%), Fiber: 9.92g (39.69%), Vitamin B6: 0.49mg (24.34%), Folate: 94.16µg (23.54%), Phosphorus: 169.05mg (16.9%), Vitamin A: 719.61IU (14.39%), Iron: 2.58mg (14.32%), Magnesium: 56.25mg (14.06%), Copper: 0.28mg (13.93%), Potassium: 473.3mg (13.52%), Vitamin E: 1.85mg (12.33%), Vitamin B1: 0.16mg (10.75%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 8.09µg (7.7%), Zinc: 1.13mg (7.54%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.64mg

(6.4%), Calcium: 58.12mg (5.81%), Selenium: 2.78µg (3.97%)