



Mexicano Pasta Salad

READY IN



75 min.

SERVINGS



12

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups bell pepper green chopped
- 0.5 cup cooking oil
- 8 oz soup noodles uncooked
- 0.8 cup salsa thick
- 4 oz cheddar cheese shredded
- 15.3 oz corn whole drained canned

Equipment

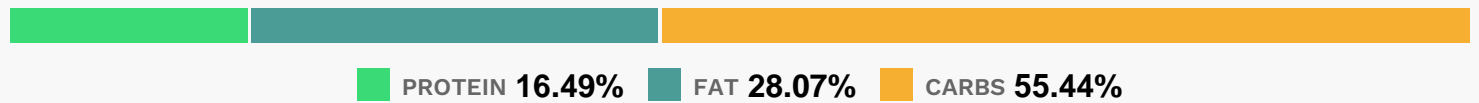
bowl

Directions

Cook and drain pasta as directed on package. Rinse with cold water; drain.

In very large bowl, mix pasta and remaining ingredients. Cover; refrigerate 1 to 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:5.79, Inflammation Score:-4, Nutrition Score:8.1347826460133%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 192.62kcal (9.63%), Fat: 6.05g (9.3%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 23.21g (8.44%), Sugar: 1.61g (1.78%), Cholesterol: 9.45mg (3.15%), Sodium: 365.1mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Selenium: 15.23µg (21.76%), Vitamin C: 16.97mg (20.57%), Manganese: 0.32mg (16%), Fiber: 3.67g (14.69%), Phosphorus: 141.18mg (14.12%), Folate: 40.24µg (10.06%), Calcium: 90.61mg (9.06%), Magnesium: 33.35mg (8.34%), Copper: 0.16mg (8.04%), Potassium: 277.19mg (7.92%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.96mg (6.43%), Iron: 1.15mg (6.4%), Vitamin B6: 0.12mg (6.19%), Vitamin B1: 0.09mg (6.09%), Vitamin B3: 1.1mg (5.52%), Vitamin A: 273.01IU (5.46%), Vitamin K: 5.02µg (4.78%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.1µg (1.67%)