



Pinto Bean Salsa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.3 cups corn kernels fresh from 2 ears
- ☐ 1 small clove garlic
- ☐ 1 small haas avocados diced halved seeded

- ☐ 3 juice of lime juiced
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper diced yellow seeded

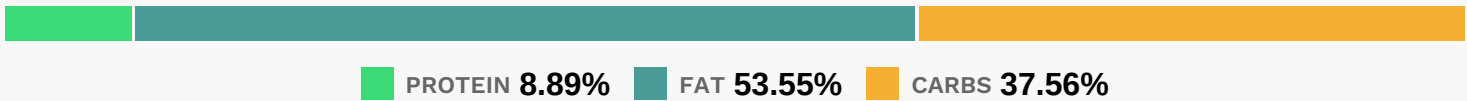
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Make the dressing: Smash the garlic clove, sprinkle with a pinch of the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste.
- ☐ Whisk the garlic paste, lime juice, remaining salt and chili powder together in a bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream.
- ☐ For the salad: Toss together the beans, corn, bell pepper, and onions.
- ☐ Add the dressing and toss to coat evenly. Gently fold in the tomatoes, avocado, and cilantro. Adjust seasoning with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:3.68, Inflammation Score:-6, Nutrition Score:12.481304495231%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg,

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 233.95kcal (11.7%), Fat: 14.86g (22.86%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 16.8g (6.11%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 1171.46mg (50.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 52.93mg (64.16%), Fiber: 6.64g (26.58%), Manganese: 0.41mg (20.27%), Vitamin E: 2.64mg (17.59%), Folate: 68.03µg (17.01%), Vitamin K: 17.15µg (16.33%), Potassium: 567.54mg (16.22%), Magnesium: 51.46mg (12.86%), Phosphorus: 126.61mg (12.66%), Copper: 0.25mg (12.28%), Vitamin B6: 0.24mg (11.82%), Iron: 1.77mg (9.84%), Vitamin B5: 0.89mg (8.85%), Vitamin B1: 0.13mg (8.62%), Vitamin B3: 1.69mg (8.47%), Vitamin A: 348.05IU (6.96%), Zinc: 0.86mg (5.71%), Vitamin B2: 0.09mg (5.17%), Calcium: 47.75mg (4.77%)