



Pinto, Black, and Red Bean Salad with Grilled Corn and Avocado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



12

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados diced peeled
- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 3 ears shucked corn
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno
- ☐ 15 ounce no-salt-added kidney beans rinsed drained canned

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 15 ounce no-salt-added pinto beans rinsed drained canned
- ☐ 1 teaspoon salt divided
- ☐ 1 medium onion white cut into 1/4-inch-thick slices

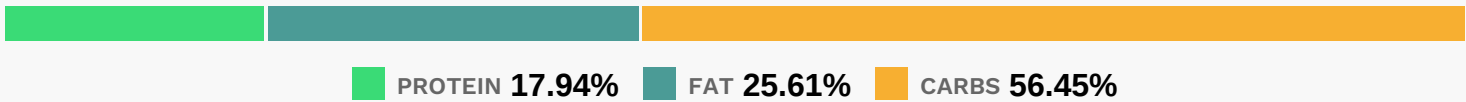
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat the grill to medium-high heat.
- ☐ Place the tomatoes in a large bowl, and sprinkle with 1/2 teaspoon salt.
- ☐ Let stand 10 minutes.
- ☐ Brush corn, onion, and jalapeo evenly with oil.
- ☐ Place vegetables on grill rack coated with cooking spray. Grill corn for 12 minutes or until lightly charred, turning after 6 minutes. Grill onion slices and jalapeo 8 minutes or until lightly charred, turning after 4 minutes.
- ☐ Let vegetables stand 5 minutes.
- ☐ Cut kernels from cobs. Coarsely chop onion. Finely chop jalapeo; discard stem.
- ☐ Add corn, onion, and jalapeo to tomato mixture; toss well.
- ☐ Add remaining 1/2 teaspoon salt, cilantro, and next 4 ingredients (through kidney beans) to corn mixture; toss well. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:5.19, Inflammation Score:-7, Nutrition Score:14.729565081389%

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: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 233.74kcal (11.69%), Fat: 7.03g (10.81%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 22.95g (8.34%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 203.06mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Folate: 201.02µg (50.26%), Fiber: 11.9g (47.62%), Manganese: 0.6mg (30.04%), Potassium: 699.92mg (20%), Magnesium: 79.38mg (19.84%), Phosphorus: 197.06mg (19.71%), Vitamin B1: 0.28mg (18.67%), Copper: 0.33mg (16.48%), Iron: 2.96mg (16.43%), Vitamin C: 12.62mg (15.3%), Vitamin B6: 0.28mg (14.2%), Vitamin K: 14.04µg (13.37%), Zinc: 1.48mg (9.89%), Vitamin B5: 0.91mg (9.07%), Vitamin E: 1.36mg (9.07%), Vitamin B3: 1.58mg (7.92%), Vitamin B2: 0.13mg (7.48%), Selenium: 3.44µg (4.91%), Calcium: 45.25mg (4.52%), Vitamin A: 199.94IU (4%)