



## Raw Corn and Black Bean Salad with Avocado

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

### Ingredients

- 1 avocado
- 0.3 teaspoon chili powder
- 1.5 cups black beans drained and rinsed cooked (1 can)
- 2 ears corn fresh
- 0.5 bell pepper green finely chopped
- 0.5 teaspoon hot sauce to taste (or )
- 1 tablespoon juice of lime fresh
- 4 lime wedges

- 0.3 teaspoon salt to taste (or )
- 1 medium tomatoes cut into 1/2-inch pieces

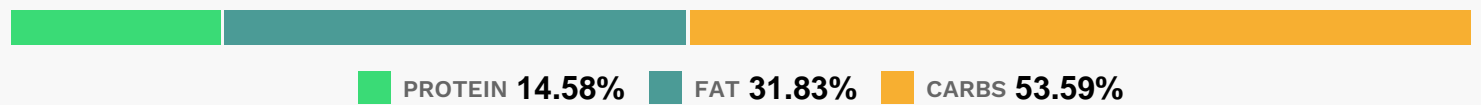
## Equipment

- knife
- mixing bowl

## Directions

- Cut the corn from the cob: Stand the corn on end in a large mixing bowl and insert a sharp knife just at the bottom of the kernels. Slowly cut all the way to the other end of the corn. Turn the corn and repeat until all the kernels are cut from the cob.
- Put the corn in a medium mixing bowl.
- Add the well-rinsed black beans and all remaining ingredients except the avocado and lime wedges.
- Mix well, cover, and refrigerate a couple of hours to allow flavors to blend. To serve, peel and slice the avocado.
- Place one-fourth of the slices on each salad plate, arranging them in a circle, if you wish. Fill the center of each circle with the salad.
- Serve with wedges of lime to be squeezed over the salad at the table, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:15.059999865034%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg  
Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 219.49kcal (10.97%), Fat: 8.49g (13.06%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 32.16g (10.72%),  
Net Carbohydrates: 21.09g (7.67%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 173.94mg (7.56%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Fiber: 11.06g (44.26%), Folate: 163.69µg (40.92%),  
Vitamin C: 31mg (37.57%), Manganese: 0.49mg (24.46%), Magnesium: 82.84mg (20.71%), Potassium: 719.03mg  
(20.54%), Vitamin B1: 0.29mg (19.17%), Phosphorus: 171.03mg (17.1%), Copper: 0.3mg (14.84%), Vitamin B6: 0.29mg  
(14.3%), Vitamin K: 14.49µg (13.8%), Vitamin B5: 1.26mg (12.64%), Iron: 2.14mg (11.86%), Vitamin B3: 2.31mg (11.54%),  
Vitamin A: 521.32IU (10.43%), Vitamin E: 1.39mg (9.26%), Zinc: 1.35mg (9.01%), Vitamin B2: 0.14mg (8.46%), Calcium:  
35.92mg (3.59%), Selenium: 1.35µg (1.92%)