



Roasted Corn and Bean Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 ounces deli ham diced thick-cut
- ☐ 4 ears corn
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper diced green
- ☐ 1 small head iceberg lettuce
- ☐ 0.5 onion diced red
- ☐ 4 servings salt and pepper black freshly ground

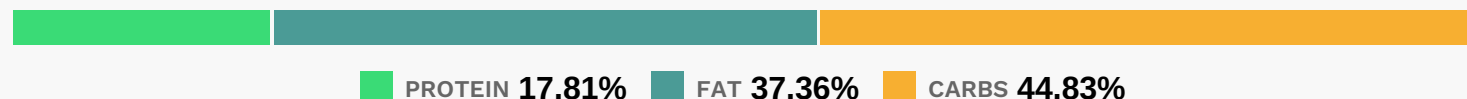
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a grill pan over medium-high heat. Rub the corn with 1 tablespoon canola oil and season with salt and pepper.
- ☐ Place the corn on the grill and cook until lightly charred in spots and the corn is warmed through, 10 to 12 minutes.
- ☐ Remove from the heat and, when cool enough to handle, cut the kernels from the cob. Reserve 1 ear of corn for another use, such as Round 2 Recipe Silver Dollar Corn Fritters.
- ☐ In a large bowl, whisk together the cider vinegar, garlic, cayenne pepper and remaining canola oil.
- ☐ Add the beans and onions, and toss to coat. Reserve 1 cup bean mixture for another use, such as Round 2 Recipe Silver Dollar Corn Fritters.
- ☐ Stir the ham, parsley, green bell peppers and corn kernels into the bean mixture. Season with salt and pepper.
- ☐ Remove the outer leaves of the lettuce head.
- ☐ Serve the salad scooped into cups of lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:6.4, Inflammation Score:-9, Nutrition Score:28.914348016615%

Flavonoids

Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 483.81kcal (24.19%), Fat: 20.9g (32.16%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 39.74g (14.45%), Sugar: 10.62g (11.8%), Cholesterol: 17.58mg (5.86%), Sodium: 1043.18mg (45.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Vitamin K: 98.19µg (93.51%), Fiber: 16.71g (66.83%), Vitamin C: 42.75mg (51.82%), Manganese: 0.95mg (47.75%), Vitamin B1: 0.64mg (42.38%), Folate: 166.13µg (41.53%), Phosphorus: 401.36mg (40.14%), Potassium: 1157.82mg (33.08%), Magnesium: 121.29mg (30.32%), Iron: 4.84mg (26.9%), Copper: 0.49mg (24.62%), Vitamin B6: 0.48mg (24.18%), Vitamin B3: 4.38mg (21.88%), Vitamin A: 1058.16IU (21.16%), Vitamin B2: 0.35mg (20.61%), Vitamin E: 2.96mg (19.75%), Zinc: 2.56mg (17.08%), Selenium: 10µg (14.28%), Vitamin B5: 1.26mg (12.57%), Calcium: 103.01mg (10.3%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.2µg (1.32%)