



Roasted Corn-and-Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cups corn kernels fresh (3 ears)
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons hot sauce
- ☐ 0.5 jalapeno seeded chopped
- ☐ 0.3 cup juice of lime

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes chopped

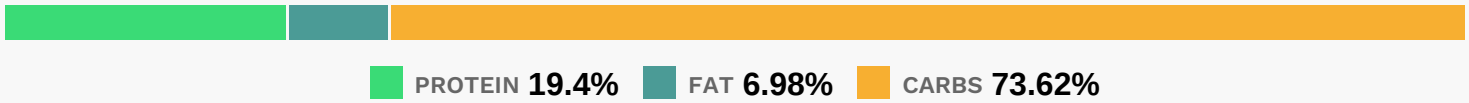
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place corn on an aluminum foil-lined baking sheet.
- ☐ Broil corn 5 inches from heat 12 minutes or until lightly browned, stirring once.
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Combine corn and remaining ingredients in a large bowl. Cover and chill until ready to serve.
- ☐ *2 cups frozen whole kernel corn, thawed, or 2 cups canned whole kernel corn may be substituted.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:6.4186956623326%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 88.96kcal (4.45%), Fat: 0.75g (1.16%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 13.03g (4.74%), Sugar: 3.19g (3.55%), Cholesterol: 0mg (0%), Sodium: 383.01mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Fiber: 4.87g (19.48%), Vitamin C: 11.7mg (14.18%), Folate: 52.79µg (13.2%), Manganese: 0.24mg (11.85%), Phosphorus: 98.72mg (9.87%), Vitamin B1: 0.14mg (9.62%), Potassium: 334.47mg (9.56%), Magnesium: 36.67mg (9.17%), Iron: 1.39mg (7.74%), Copper: 0.14mg (7.11%), Vitamin B3: 1.13mg (5.63%), Vitamin B2: 0.09mg (5.45%), Vitamin A: 250.27IU (5.01%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.52mg (3.46%), Calcium: 26.7mg (2.67%), Vitamin K: 2.37µg (2.26%), Selenium: 0.99µg (1.42%), Vitamin E: 0.19mg (1.26%)