



Southwest Orzo and Bean Salad

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

Ingredients

- 10 oz avocado pitted ripe peeled
- 15 oz black beans rinsed drained canned
- 1.5 cups corn kernels frozen canned thawed drained
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup green onions thinly sliced
- 0.3 cup juice of lime
- 1 teaspoon lime zest grated
- 0.3 cup nonfat cream sour
- 0.7 cup orzo pasta dried

- 0.5 teaspoon pepper
- 4 servings salt
- 0.5 lb firm-ripe tomato cored rinsed chopped

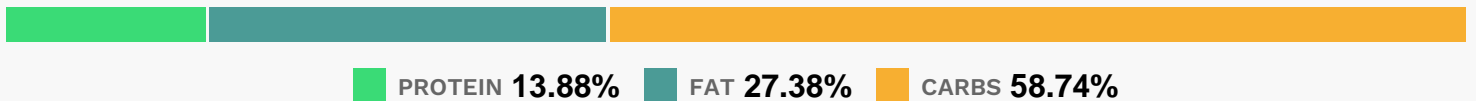
Equipment

- bowl
- frying pan

Directions

- In a 3- to 4-quart pan over high heat, bring 1 1/2 to 2 quarts water to a boil.
- Add pasta and cook until barely tender to bite, 9 to 11 minutes.
- Drain and rinse with cold water.
- In a large bowl, mix pasta, beans, corn, tomato, cilantro, onions, lime peel, 1/3 cup lime juice, 1/2 teaspoon pepper, and salt to taste.
- In a small bowl, mash avocado with 1 tablespoon lime juice and sour cream.
- Add salt and pepper to taste.
- Equally mound pasta salad on dinner plates. Top with dollops of the avocado mixture. Surround or accompany with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:8.74, Inflammation Score:-8, Nutrition Score:21.46478262155%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 373.07kcal (18.65%), Fat: 12.01g (18.48%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 42.83g (15.57%), Sugar: 5.92g (6.58%), Cholesterol: 1.29mg (0.43%), Sodium: 759.74mg (33.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Fiber: 15.15g (60.61%), Folate: 166.52µg (41.63%), Manganese: 0.76mg (38.2%), Vitamin K: 36.99µg (35.23%), Vitamin C: 26.44mg (32.05%), Potassium: 1012.69mg (28.93%), Selenium: 18.68µg (26.69%), Phosphorus: 260.73mg (26.07%), Copper: 0.48mg (24.23%), Magnesium: 90.35mg (22.59%), Vitamin B2: 0.33mg (19.56%), Vitamin B1: 0.28mg (18.54%), Vitamin B6: 0.36mg (18.08%), Iron: 3.22mg (17.87%), Vitamin B3: 3.36mg (16.8%), Vitamin A: 808.35IU (16.17%), Vitamin B5: 1.6mg (15.98%), Vitamin E: 1.97mg (13.15%), Zinc: 1.8mg (11.98%), Calcium: 86.06mg (8.61%)