



Southwest Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.5 cup crisco oil
- 1.5 cups kernel corn whole frozen thawed
- 0.3 cup cilantro leaves fresh minced
- 0.8 cup green onions thinly sliced
- 0.5 cup juice of lemon fresh (1 to 2 lemons)
- 1.5 cups plum tomatoes seeded chopped
- 2 teaspoons salt

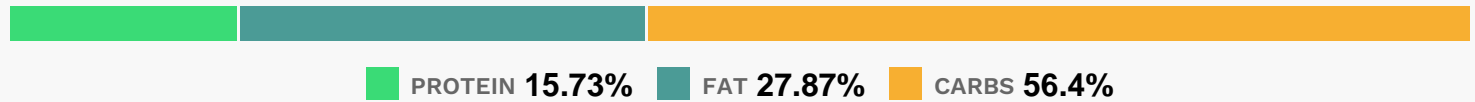
Equipment

- bowl
- whisk

Directions

- Toss together first 5 ingredients in a medium bowl.
- Whisk together oil, fresh lemon juice, and salt; pour over black bean mixture, stirring gently to coat. Cover and chill at least 8 hours.
- Serve salad at room temperature or chilled.
- *1 1/2 cups fresh corn kernels, cooked, may be substituted.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:10.075217433598%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 144.57kcal (7.23%), Fat: 4.67g (7.19%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 15.26g (5.55%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 1114.01mg (48.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 35.97µg (34.25%), Vitamin C: 21.11mg (25.59%), Fiber: 6.01g (24.04%), Folate: 75.6µg (18.9%), Manganese: 0.28mg (14.09%), Vitamin A: 681.36IU (13.63%), Potassium: 462.2mg (13.21%), Phosphorus: 112.79mg (11.28%), Iron: 1.81mg (10.07%), Copper: 0.2mg (9.94%), Magnesium: 39.41mg (9.85%), Vitamin B1: 0.14mg (9.27%), Vitamin E: 1.09mg (7.29%), Vitamin B2: 0.12mg (6.85%), Vitamin B3: 1.18mg (5.89%), Vitamin B6: 0.1mg (5.23%), Zinc: 0.65mg (4.36%), Calcium: 42.77mg (4.28%), Vitamin B5: 0.22mg (2.24%), Selenium: 1.03µg (1.47%)