



Southwestern Black Bean Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon chili powder
- 1 tablespoons chipotles in adobo chopped
- 30 ounce black beans rinsed cooked drained canned (3 cups beans)
- 1 cup ears corn fresh
- 1 clove garlic minced pressed
- 0.5 cup spring onion chopped
- 0.5 teaspoon ground cumin

- 1 teaspoon ground flaxseed
- 1 jalapeno seeded finely chopped
- 0.3 cup juice of lime fresh
- 1 serving the salad mixed (optional suggestion)
- 0.5 cup bell pepper red finely chopped
- 2 pounds potatoes – remove skin red
- 0.8 teaspoon salt
- 1 large tomatoes chopped
- 2 tablespoons water hot

Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine 1 teaspoon ground flax seed with two tablespoons hot water in a small cup or bowl and set aside to thicken.
- Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender.
- Drain; cool.
- Cut potatoes into 3/4-inch cubes.
- Place potatoes in a large bowl.
- Add corn, red pepper, onions, black beans (rinsed and drained very thoroughly), jalapeño pepper, and tomatoes and mix well.
- Remove 1 chipotle chile from can. Chop chile to measure 1 to 2 tablespoons. (Reserve remaining chiles and adobo sauce for another use—I like to mince them and freeze them in ice cube trays.)
- Combine chopped chipotle chile, flax seed mixture, lime juice, garlic, salt, cumin, chili powder, and black pepper, stirring with a whisk.

- Drizzle the lime juice mixture over potato mixture, and toss gently. Cover and chill for at least 1 hour, stirring every now and then. Taste and add more lime juice as needed before serving atop mixed greens, if desired.

Nutrition Facts

PROTEIN 19.48% **FAT 4.2%** **CARBS 76.32%**

Properties

Glycemic Index:43.83, Glycemic Load:7.06, Inflammation Score:-9, Nutrition Score:24.948261416477%

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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 334.61kcal (16.73%), Fat: 1.63g (2.51%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 66.77g (22.26%), Net Carbohydrates: 50.02g (18.19%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 330.42mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.08%), Folate: 268.63µg (67.16%), Fiber: 16.75g (67.01%), Vitamin C: 43.77mg (53.06%), Manganese: 0.99mg (49.63%), Potassium: 1417.03mg (40.49%), Magnesium: 152.18mg (38.04%), Vitamin B1: 0.54mg (36.1%), Phosphorus: 334.51mg (33.45%), Copper: 0.56mg (27.8%), Iron: 4.74mg (26.36%), Vitamin K: 25.46µg (24.25%), Vitamin B6: 0.47mg (23.61%), Vitamin A: 922.19IU (18.44%), Vitamin B3: 3.34mg (16.7%), Zinc: 2.37mg (15.81%), Vitamin B5: 1.05mg (10.47%), Vitamin B2: 0.18mg (10.34%), Calcium: 70.62mg (7.06%), Selenium: 2.9µg (4.14%), Vitamin E: 0.58mg (3.89%)