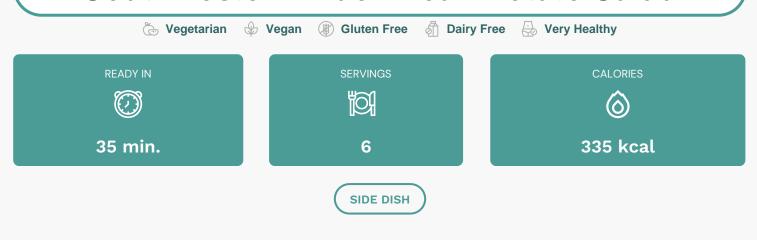


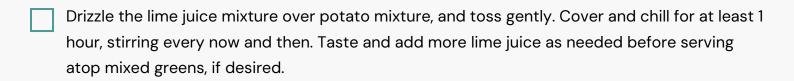
Southwestern Black Bean Potato Salad



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
Eq	uipment
	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.



Nutrition Facts



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, Naringenin: 0.11mg, 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, Quercetin: 2.26mg, Qu

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: Omg (0%), Sodium: 330.42mg (14.37%), Alcohol: Og (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%)