



Southwestern Corn and Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- 15.5 ounce seasoned black beans drained and rinsed canned
- 4 ears corn fresh
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground chipotle chile powder
- 0.5 teaspoon ground cumin
- 5 tablespoons juice of lime
- 2 tablespoons olive oil
- 1 poblano pepper halved seeded

1 bell pepper red seeded quartered

Equipment

bowl

whisk

grill

Directions

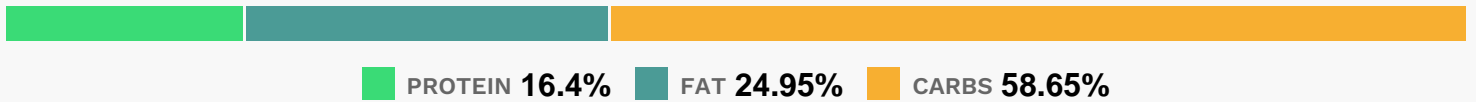
Spray a grill rack with the cooking spray. Preheat the grill to medium-high heat, 350 degrees F to 400 degrees F.

Grill the corn until tender, about 5 minutes per side. Grill the bell and poblano peppers until blackened slightly and tender, 3 to 4 minutes per side. Set aside to cool.

Cut the kernels from the corn cobs and chop the peppers.

In a large bowl, place the beans and cilantro. In a separate bowl, whisk together the lime juice, chipotle chile powder, cumin and olive oil. Stir in the corn kernels and chopped peppers, tossing to coat with the dressing. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:21.206956749377%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 304.35kcal (15.22%), Fat: 9.05g (13.93%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 35.19g (12.8%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 21.81mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin C: 73.82mg (89.48%), Folate: 220.24µg

(55.06%), Fiber: 12.68g (50.73%), Manganese: 0.72mg (36.04%), Magnesium: 119.58mg (29.9%), Vitamin B1: 0.45mg (29.84%), Vitamin A: 1316.61IU (26.33%), Phosphorus: 252.3mg (25.23%), Potassium: 780.21mg (22.29%), Iron: 3.27mg (18.18%), Vitamin B6: 0.33mg (16.32%), Copper: 0.31mg (15.65%), Vitamin B3: 2.65mg (13.26%), Vitamin E: 1.8mg (12.01%), Zinc: 1.8mg (11.97%), Vitamin B5: 1.06mg (10.61%), Vitamin B2: 0.15mg (9.07%), Vitamin K: 9.15µg (8.72%), Calcium: 42.5mg (4.25%), Selenium: 1.97µg (2.82%)