



Southwestern Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

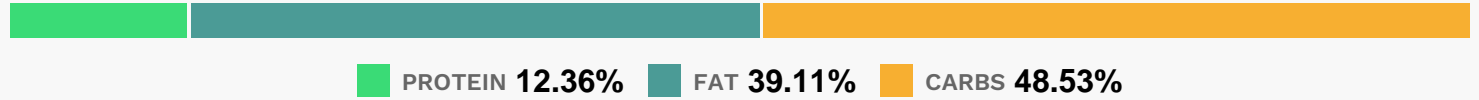
- 15 oz black beans rinsed drained canned
- 10 oz regular corn frozen cooled cooked
- 8 oz salad greens mixed
- 1 cup pepper strips red thin
- 0.5 cup classic ranch dressing kraft

Equipment

Directions

- Toss greens with beans, corn and peppers.
- Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:7.932173948573%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 125.58kcal (6.28%), Fat: 5.74g (8.84%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 12g (4.36%), Sugar: 1.19g (1.32%), Cholesterol: 3.12mg (1.04%), Sodium: 279.32mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin C: 27.52mg (33.36%), Fiber: 4.04g (16.16%), Vitamin K: 16.81µg (16.01%), Vitamin A: 731.55IU (14.63%), Folate: 53.01µg (13.25%), Phosphorus: 105.63mg (10.56%), Manganese: 0.2mg (9.95%), Potassium: 292.45mg (8.36%), Magnesium: 28.84mg (7.21%), Vitamin B1: 0.11mg (7.03%), Vitamin B6: 0.14mg (6.96%), Iron: 1.24mg (6.91%), Vitamin B2: 0.11mg (6.5%), Copper: 0.11mg (5.61%), Vitamin B3: 1.02mg (5.09%), Zinc: 0.53mg (3.56%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.32%), Calcium: 23.37mg (2.34%), Selenium: 1.31µg (1.86%)