



Spicy Southwest Bean & Corn Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



149 kcal

SIDE DISH

Ingredients

- 15 oz black beans rinsed canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 10 oz regular corn frozen thawed drained
- 0.5 cup pepper strips red
- 0.3 tsp pepper sauce hot
- 0.5 cup lite ranch dressing kraft
- 0.3 cup onions red finely chopped
- 10 oz torn salad greens mixed

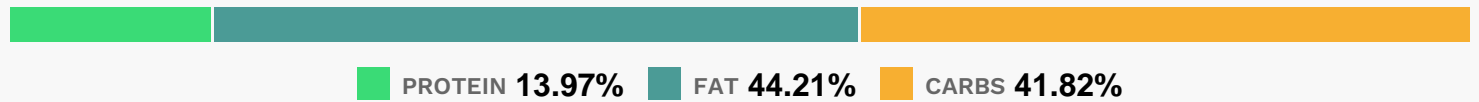
Equipment

bowl

Directions

- Mix dressing and hot pepper sauce.
- Toss salad greens with beans and vegetables in large bowl.
- Add dressing mixture; toss to coat. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:7.9882609403652%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 149.22kcal (7.46%), Fat: 7.65g (11.77%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 12.34g (4.49%), Sugar: 1.07g (1.18%), Cholesterol: 8.77mg (2.92%), Sodium: 320.78mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 19.69mg (23.86%), Vitamin K: 16.6µg (15.81%), Fiber: 3.95g (15.81%), Folate: 53.63µg (13.41%), Phosphorus: 132.95mg (13.3%), Vitamin A: 619.59IU (12.39%), Manganese: 0.2mg (10.24%), Potassium: 296.85mg (8.48%), Vitamin B2: 0.13mg (7.82%), Magnesium: 30.5mg (7.62%), Vitamin B1: 0.11mg (7.11%), Iron: 1.27mg (7.03%), Vitamin B6: 0.13mg (6.55%), Calcium: 64.46mg (6.45%), Copper: 0.12mg (5.86%), Zinc: 0.74mg (4.94%), Vitamin B3: 0.98mg (4.92%), Selenium: 2.94µg (4.2%), Vitamin B5: 0.34mg (3.43%), Vitamin E: 0.43mg (2.85%), Vitamin B12: 0.08µg (1.34%)